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Cheyenne & Arapaho TRIBAL TRIBUNE

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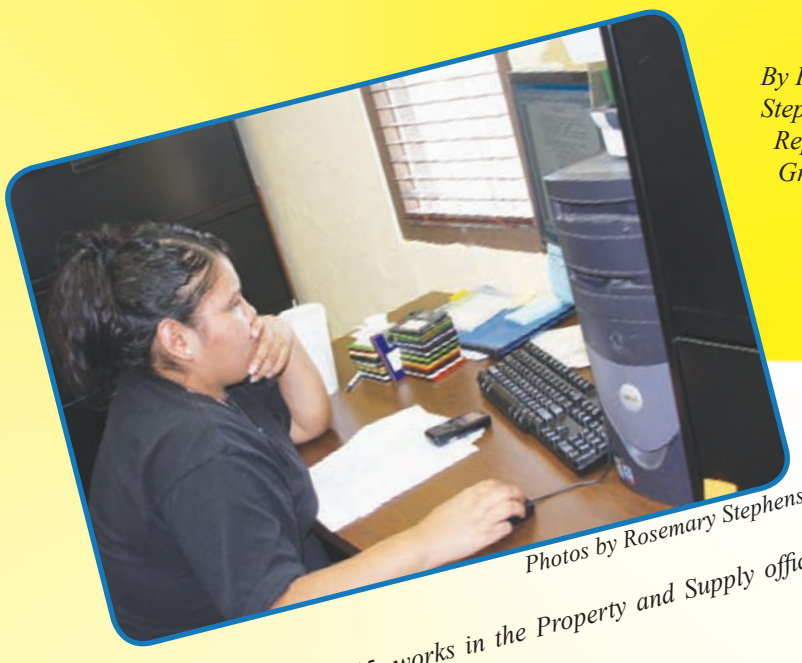


Photos by Rosemary Stephens

Rena Williams, 15, works in the Property and Supply office performing secretarial duties.

By Rosemary Stephens, Reporter/ Graphic Artist

Summer Youth

Summer program teaches youth the value of work

Summer time for most kids means spending time at the swimming pool, playing video games and hanging out with friends. Not so for the kids enrolled in the summer youth program sponsored by the Cheyenne and Arapaho tribes' Workforce Investment Act (WIA) office.

"We have 30 youths that signed up this summer to work," April Curtis, WIA job developer, said. "We are hoping they walk away from this with a new set of work ethic values, pride, and self-esteem."

Youths from El Reno, Hammon, Kingfisher, Seiling and Clinton, Okla. enrolled for the summer work program.

Some of them work at the Cheyenne and Arapaho tribal complex while others are employed with outside businesses within the eight county tribal service area.

"We placed two kids in Operations and Maintenance, one in Property and Supply, five in the Environmental Protection Agency office and other programs within the tribe, but then we have one that is working for the WIC office in El Reno, one in a convenience store in Hammon and some at the local schools," Curtis said.

The summer youth program has been in operation since the 1960s under different names. WIA Director Ella Spottedbird worked in a youth summer work program known as the Neighborhood Youth Corp.

"I was 15 years old when my school principal and superintendent visited my parents about me participating in the summer work program because of my grades and participation in school activities. So I began working for the Farmer's Home Administration office in downtown Kingfisher," Spottedbird said. "For me this was really something because only the popular kids got to work in stores and businesses downtown. I was so scared at first because I was so shy, but things began to fall into place and I began to know my job and really enjoy it."

Spottedbird remembers her first paycheck when she was able to buy her first 45rpm record of the Bee Gees and the Supremes.

"I don't remember the exact amount, but I know I made $1.60 per hour and feeling like I was a rich executive when I got that first paycheck," Spottedbird said. "I worked in the summer work program all the way through high school and with the help of my parents I learned how to manage my money and the value of working and earning my own way. I believe that very first job had a lot to do with why I am where I am today."

Spottedbird has been employed with the Cheyenne and Arapaho tribes since 1994. She began in the Job Training Partnership Act (JTPA) office and is now the director for that office now named the Workforce Investment Act.

The summer youth program is a part of the WIA and each year Spottedbird said they strive to employ as many tribal and Native American youth as possible through grant funding received from the Department of Labor (DOL).

"I feel I am able to relate to feelings of these youth on their first day of work and on their first pay day and I hope that what they learn will be of benefit to them and maybe develop their employment experience into a career which will create a greater quality of life for them in their future years," Spottedbird said.

Curtis also worked in the summer youth program and she now holds the position of job developer in the WIA office.

"Working in the summer youth program taught me responsibility and good work ethics, which is what I hope the kids will learn now. I hope a lot of them realize that someday they, too, may be able to be employed with the tribes, such as myself and Ella Spottedbird," Curtis said.

The Cheyenne and Arapaho tribe's WIA program's main purpose is to address the problems of education, training and employment of Native Americans within the designated service areas with the primary goal targeting employment. The division of Indian and Native American Programs (DINAP) regulations require that the WIA program serve all Native Americans who are members of a federally recognized tribe and who reside within the eight county service area.

The summer youth program begins in June with an introductory orientation and lasts for eight weeks. Following the end of the work session, participants are given an "end of the year" trip.

To learn more about the Cheyenne and Arapaho tribes' summer youth program and guidelines contact Spottedbird at (405) 422-7668 or Curtis at (405) 422-7660.

William Little Bird, 15, works in the summer youth program within the Operations and Maintenance department emptying garbage and cleaning offices.

Eddie Blackwolf mops the floors in the tribal complex. He works within the Operations and Maintenance department.

Emergency Management Fire Team turns up the heat

Team members receive hands on training, request more

Submitted article

On July 2, 2009 the Cheyenne and Arapaho tribes Emergency Management Fire Team attended fire vehicle equipment training in conjunction with the Cedar Lake Fire Department. The team received pumper trucks and hose training from July 2 to 7, 2009 in Cedar Lake, Okla.

This training is very beneficial for the Emergency Management Fire Team. During this years fire season, the hands on training is an effort to learn some of the basic operations of the pumper truck and the tanker truck along with the different degrees of water pressures that each pumper truck uses for various fire conditions being structural or wild land fires.

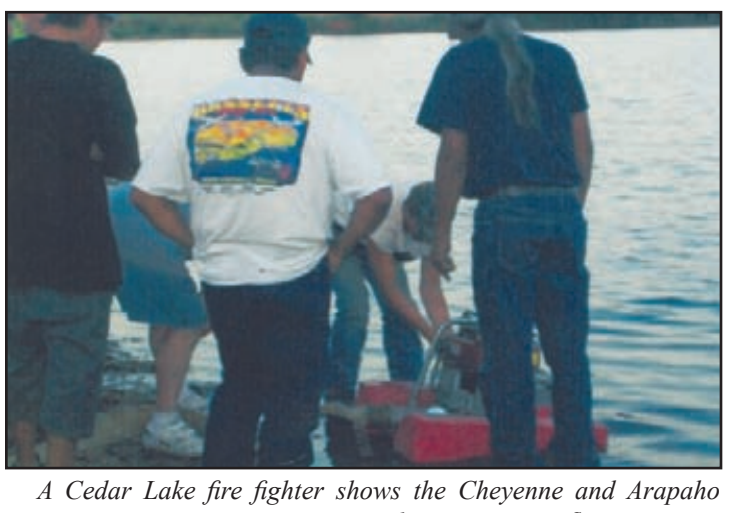
Cedar Lake Fire Department covers 297 square miles that consist of 190,080 acres and 400 homes and depend on their fire department year around. With both departments working together the manpower will be available on the North and South areas of I-40.

Cedar Lake Fire Department will also participate in fire fighting efforts in Cheyenne and Arapaho country. This is a great advantage for both their needs and the surrounding communities for future fire dispatches because of the experience they have gained and will gain during this training.

The fire team received hands on training at hosing down three of the fire department trucks and observed Cedar Lake fire fighters refill the pumper truck at Cedar Lake using a float pump that took around 45 minutes to refill all the brush pumper trucks, the 3,000 gallon tanker, and return back to the station.

The fire team returned again to Cedar Lake on July 7, 2009 for a group safety meeting and a prescribed burn. This altogether was five hours of training.

During the training the fire team members indicated they would also like to take a first responder training class. This was encouraged and will be greatly beneficial for both firefighters and the general public in the event it's needed.



A Cedar Lake fire fighter shows the Cheyenne and Arapaho Emergency Management Fire Team how to operate float pump-refill pumper trucks.

Courtesy photos

The Cheyenne and Arapaho Emergency Management Fire Team receives training on July 2, 2009 in Cedar Lake, Okla.

Front row: Myron Davis, John Birdshead, Josh Davidson and Patrick Steele.

Back row: James Nimrod, Greg Whitworth, Matthew Blackowl, Anthony Birdshead, Jr., Soloman Pedro and Randy Youngbull.

The fire team looks forward to more training with the Cedar Lake Fire Department and would like to thank them for extending their hand in helping with the use of their fire fighting equipment in battling fires and saving lives.

Photos were taken to show some of the hands on training in which our fire fighters will be using during this years fire season of 2009.

Primary, General Election schedule

July 13, 2009

Voter registration closes at 4 p.m.; Final preliminary list of voters posted (includes all persons who have registered to vote through July 13, 2009)

July 15, 2009

Deadline to file written challenges to the preliminary list of Candidates at 4 p.m.

Deadline to file written challenges to the final preliminary list of voters at 4 p.m.

July 20, 2009

Deadline for the Election Commission to make a final decision on all challenges to preliminary list of candidates and the final preliminary list of voters

Post final list of candidates; post final list of voters

July 23, 2009

Deadline to mail out absentee ballots for the Primary Election to eligible voters

Oct. 6, 2009

PRIMARY ELECTION DAY – Polls open from 7 a.m. to 7 p.m.

Absentee Ballots must be returned by mail to the Concho, Okla. post office no later than 3 p.m.

Election Commission counts the ballots after the close of the polls

Oct. 7, 2009

Preliminary results of the Primary Election are posted by 9 a.m.

Oct. 8, 2009

Deadline to file a request for a recount --- No later than 9 a.m. (Within 24 hours of the time the preliminary results of the Primary Election are posted)

Deadline to file written challenges to the preliminary results of the Primary Election ---- No later than 9 a.m.

Oct. 10, 2009

Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the Primary Election ---- No later than 9 a.m.; Primary Election results are certified, and final results of the Primary Election are posted

Oct. 13, 2009

Deadline to mail out absentee ballots for the General Election to eligible voters

Nov. 3, 2009

GENERAL ELECTION DAY – Polls open from 7 a.m. to 7 p.m.

Absentee ballots must be returned by mail to the Concho, Okla. post office no later than 3 p.m.

Election Commission counts the ballots after the close of the polls

Nov. 4, 2009

Preliminary results of the General Election are posted by 9 a.m.

Nov. 5, 2009

Deadline to file a request for a recount ---- No later than 9 a.m. (Within 24 hours of the time the preliminary results of the General Election are posted)

Deadline to file written challenges to the General Election results — No later than 9 a.m.

Nov. 7, 2009

Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the General Election ---- No later than 9 a.m.; General Election results are certified, and final results of the General Election are posted

Jan. 2, 2010

Oath of Office administered by a Justice of the Supreme Court to all newly elected officials

Calumet Grocery Store tours for the elders

Submitted article

Beginning Monday, July 6, 2009, the Elder Care program began sponsoring tours of the Calumet Grocery Store for the elders. The tours will be on Mondays only throughout July and part of August.

The Elder Care van will leave at 10 a.m. from the Elder Care office at 929 S. Country Club Road in El Reno, and arrive back at the Elder Care office around 11:30 a.m.

Another tour will be leaving the Elder Care office at 1:30 p.m. and arrive back at the Elder Care office around 3 p.m. These times are approximate for the first tours. Once it is known how long the trip actually takes, the times may change to shorter trips. Four or five elders will be taken each time.

The trips will be for the elders to travel to the store, look at the products, look at the prices and for the elders to have input.

If an elder has their monthly food voucher for the Calumet Grocery Store, they may choose to spend it during one of these tours. If they use their voucher during the tour, they will be dropped off at their home if they live in El Reno. This will just be during this promotional time.

Other than the elder using their voucher that day, everyone else will be dropped back off at the Elder Care office. No other stops will be made.

This tour is expressly to tour the new tribal grocery store and to promote its success.

Count your blessings

Submitted by Culture and Heritage program

"I really appreciate the help the Culture and Heritage program has done for me and my family," an applicant said.

She was picking up her ceremony supplemental contribution to attend the Northern Arapaho Sundance being held July 6-12, 2009 in Ethete, Wyo.

As the 2009 ceremonies blew in with the warm summer breeze many tribal members visited the Culture and Heritage program seeking assistance to participate in one of the four sacred ceremonies.

While patiently waiting for her ride to return the applicant had a chance to not only visit with staff, but also experience for herself some of the harsh and negative words spoken to employees in regards to this year's contribution.

"Finances have been tough on everyone this year and I'm just glad the program was able to assist with what they could, because my husband lost his job," she said.

Many people have lost jobs or have had their work hours reduced and times are tough.

According to the Bureau of Labor Statistics Web site the number of unemployed persons is 14.7 million and the unemployment rate is 9.5 percent where little changed in June and has increased in July. Since the start of the recession in December 2007, the number of unemployed persons has increased by 7.2 million, and the unemployment rate has risen by 4.6 percentage points.

The staff of the Culture and Heritage program understands these situations, especially during ceremonies.

During these "depressed" times we pray for each other and pray for hope that each person is able to fulfill and complete their sacred vow and commitment in a traditional manner regardless of their situation.

We believe whole-heartedly the Great Spirit will help everyone find a way and it will all work out.

"I am thankful and I am blessed because He will watch over me," the applicant said as she walked to the car waving, smiling and saying see you later – when I turn in my receipts!

The Culture and Heritage program is dedicated to fostering and preserving the cultural and traditional ways of the Cheyenne and Arapaho people. We look forward to serving you.

If you have any questions or concerns, please contact program offices toll free at (800) 247-4612 extension 27433.

Clinton elder care office notice

Submitted article

Because the Elder Care worker will be out of town the week of July 20, 2009 the Clinton Elder Care office will only be open from 9 a.m. to noon on Tuesday, July 21 and on Thursday July 23, 2009. The Elder Care worker will be on cultural leave that week.

The following week of July 27, 2009 the Elder Care worker will be in training. The Clinton Elder Care office will only be open from 9 a.m. to noon on Tuesday, July 28 and on Thursday, July 30, 2009.

The Clinton Elder Care office will be open for regular business on Aug. 3, 2009.

Reminder: Elder Care is not responsible for lost or stolen food vouchers and/or gas cards. Please make sure Elder Care has your current and correct mailing address.

Notice

To better serve the needs of our applicants the Cheyenne and Arapaho tribes Gaming Commission's new hours of operation are as follows:

From 8:30 a.m. to noon and from 1 p.m. to 5:30 pm. Monday through Friday.

The office is closed from noon to 1 p.m. for lunch.

For more information, feel free to contact the office at (405) 422-7752.

Tulsa council to consider Indian sovereignty item

(TULSA, Okla.) - A Tulsa city councilman says he is proposing a resolution that would express the council's opposition to putting more land under American Indian sovereignty.

Councilor Bill Christiansen says he'll offer the resolution in response to efforts by the Muscogee (Creek) Nation to place into federal trust status two parcels of land along the Arkansas River. The designation would exempt the land from local sales and property taxes.

Christiansen says that would drain what he characterizes as the city's already inadequate financial resources. A resolution is nothing more than the council stating an opinion.

Muscogee Nation Chief A.D. Ellis says he understands the city's interest in preserving tax revenue, but his responsibility as a tribal leader is to improve the tribe's revenue source and land ownership.

Notice

Gaming-Higher Education (GAM-HIE) application deadline is extended to Aug. 1, 2009.

This applies to part-time students, graduate students, tribal college distance learning students, tribal employee students and all applicants who do not qualify for BIA-HIE. Gaming applications can be found at the Web site www.c-a-tribes.org/programs/education.

Notice

The Social Service Department is announcing that the program plan for the 2010 -2014 HHS Title IV – B, Parts I and II grants are available for public review and comment.

Please inquire at the Social Services Department.

The plan will be available until Aug. 1, 2009

Cheyenne & Arapaho

What's your vision?

TRIBAL TRIBUNE

Candidates running for office in the next Cheyenne and Arapaho tribes election are invited to introduce themselves and provide a brief synopsis of their platform. Candidates can share their background, goals and vision. Submissions will be published in the Aug. 15, 2009 issue. **The deadline for submissions is Aug. 1, 2009.**

Candidates, please provide the following information: *Name. *Position desired. *Education/qualifications/experience relevant to the position being sought. *In 250 words or less describe platform issues/ideas along with proposed resolutions to further the tribes growth.

The Tribal Tribune reserves the write to edit submissions for grammar, clarity, content and length. Hearsay and libelous information will not be printed. Candidates are advised to focus on issues and possible solutions concerning the tribes and why they seek election.

Submissions can be sent to dattocknie@c-a-tribes.org, mailed to the Cheyenne and Arapaho Tribal Tribune, P.O. Box 38, Concho, OK 73022, or delivered to the Tribal Tribune office in Building 1 at Concho. If candidates do not deliver their information in person, they need to provide contact information for verification purposes, otherwise the submission will not be published. Thank you.

Cheyenne & Arapaho

Cheyenne and Arapaho tribes

(405) 262-0345 / (800) 247-4612

2009 Per Capita Schedule

- If you HAVE NOT moved or DO NOT HAVE a name change, DO NOT submit any forms.
- If you have moved or have a name change, your W-9 and notarized Change of Information and any additional documents must be in the Per Capita Office by close of business on the last day that forms are accepted for each first check run.
- All checks will be mailed to the W-9 address. Checks will not be held or handed out.
- Please mail your forms as soon as possible.

Enrollment's adult membership roll finalized for Gaming per capita issuance.....Friday, 07/03/09

Last day to submit forms for 1st check run.....Friday, 07/31/09
- Forms must be in the Per Capita Office by close of business Friday, 07/31, in order for your check to be printed in the first run.

Per Capita closed except for appointments during this time.....Aug 1 – Aug 21
- Appointments can be made by calling Per Capita every morning between 8 am to 9 am. Please know your roll number.
- Appointments are for the receipt of 2008 Gaming per capita, delivery of a police report, proof of filing a court order in Cheyenne and Arapaho Tribal Court, or a Cheyenne and Arapaho Tribal Court order.
- Messages will be answered in the order received and as time allows.

Last day to claim 2008 Gaming Per Capita.....Friday, 08/14/09

Gaming checks printed (8/15 falls on Saturday).....Monday, 08/17/09

Per Capita Office is open.....Monday, 08/24/09

Tentative schedule for Trust Per Capita issuance

Enrollment's membership roll finalized for the Trust per capita issuance.....Wednesday,11/04/09

Last day to submit forms for 1st check run.....Wednesday,11/25/09
Forms in Per Capita's mailbox as of Saturday, 11/28, meet the deadline.

Per Capita closed except for appointments during this time.....Nov 30 - Dec 11

Trust checks printed (usually first Monday in December).....Monday, 12/07/09

Per Capita Office is open.....Monday, 12/14/09

2009 1099's mailed by.....Sunday, 01/31/10

Per Capita
100 Red Moon Circle • P.O. Box 146 • Concho, Oklahoma 73022 • Phone: (405) 422-7565 • Fax: (405) 422-7607 •
FORMS AT www.c-a-tribes.org/per-capita-information •

Lost, found

A dancer's fan was found at the Concho community hall. If you believe the fan to be yours please contact the Culture and Heritage program at (800) 247-4612 extension 27714. NOTE: You must be able to describe the fan in detail before it will be released.

New Spring/Summer Arrivals
Save Money • Top Quality • Latest Styles • Bargain Pricing
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Cheyenne and Arapaho
Tribal Tribune

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Oklahoma Press Association member

Native American Journalist Association member

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Tribal members may pick up copies at the following Oklahoma locations: Tribal complex, Smoke shop in Concho; Indian clinic, BIA office, Education building (Canadian Square), Chamber of Commerce, City Hall in El Reno; Indian clinic, Elder care, Housing building, Annex, Cheyenne Culture Center, Smoke shop in Clinton; Indian clinic, Food Distribution in Watonga; Canton Smoke shop, and Seiling/Fonda Community Center. / Papers are printed by Lindsay Webb Press.

Newspapers per copy - 50 cents; Annual subscription rate - $25; Enrolled C & A tribal members - FREE.

DEADLINES: *The Tribal Tribune is published on the 1st and 15th of each month. The deadline for the 1st issue is the 23rd of the previous month and the deadline for the 15th issue is the 8th of that month.*

Networking to save lives

By Dana Attocknie, Managing Editor

Children top the agenda for the Alcohol and Substance Abuse Prevention Project meeting.

The project members held a regular meeting at noon on July 8, 2009 in the Cheyenne and Arapaho tribes' Department of Education building in El Reno, Okla.

The project is made up of individuals from both tribal and state programs designed to improve the health and well-being of people, such as Substance Abuse Prevention Services for Western Oklahoma (SAPSWOI), Red Rock Area Prevention Resource Center, the Oklahoma State Department of Mental Health and Substance Abuse, and the Cheyenne and Arapaho tribes health programs, trial court, and the police, education and Indian Child Welfare departments.

During the last meeting, a decision was made to create two committees within the group. One committee will focus on children and youth, and the other committee will focus on data.

"This is a great turn out," Terry Smith said. Smith, Cheyenne and Arapaho tribes' probation officer, presented information regarding an Oklahoma Juvenile Affairs grant he's working on that would address minority confinement.

Smith hopes to partner with Canadian County youth services and eventually reduce the number of youth arrested and placed in juvenile centers by reaching out to the children early when they first get into trouble.

Currently, the drop out rate for Native American students in El Reno Public Schools is 79 percent. Smith said he hopes the partnership will create an office at Canadian County youth services and in Concho, Okla.

"We think that kind of partnership will create other things," he said. "There's a lot more to this than what the grant says."

Jennie Whiteman, education department grant writer, also gave an overview of a tribal youth grant she wrote. If approved the grant will focus on mental health issues for tribal kids. She said the grant would take a holistic approach by combining both traditional and modern ways of healing. She spoke about curriculum used by the tribes' R.E.Sp.E.C.T program that was created for families.

"When you have parents interacting with children you have a greater success rate for recovery from substance abuse," she said.

Patricia Yarholar, the tribes' Health Education director, spoke about the upcoming anger management and parenting classes. In addition, there will be health fairs at three upcoming powwows:

From 11 a.m. to 3 p.m. Aug. 1, 2009 at the Oklahoma Indian Nations powwow in Concho, Okla., from 11 a.m to 3 p.m. Aug. 29, 2009 at the veterans powwow in Canton, Okla. and from 11 a.m. to 3 p.m. Sept. 5, 2009 at the Labor Day powwow in Colony, Okla.

Employees from SAPSWOI shared their goals for 2010, such as underage drinking prevention (social host ordinance), and alcohol, tobacco and other drug prevention across a person's life span. They also provided statistics on Fetal Alcohol Spectrum Disorders (FASD) among Native Americans.

According to information from the U.S. Department of Health and Human Services (DHHS), "Native American's have some of the highest rates of fetal alcohol syndrome in the nation. Among some tribes, the rates are as high as 1.5 to 2.5 per 1,000 live births. Among others, the rates are compared to that of the general population in the United States an range between 0.2 to 1.0."

And, Native American's "are five times more likely than whites to die of alcohol-related causes, including liver disease. They also have higher rates of drunk driving and related deaths than the general population."

Michelle Dodgen wanted to confront the myths about alcohol and Fetal Alcohol Syndrome. "There's no safe limit when you're pregnant, " she said. "There's no cure for FAS ... they're going to have to live with it. There's no blame on anyone ... it's really the environment. The environment in which we live."

Dodgen said health care for persons with FASD in 2003 cost $5.4 billion. The official FASD Awareness Day this year is Sept. 9. The awareness day events "are held at 9:09 a.m., the 9th minute of the 9th hour of the 9th day of the 9th month of the year ... to remind women not to drink during the nine months of pregnancy," according to DHHS.

The first FASD Awareness Day took place on Sept. 9, 1999.

Also discussed was teenage pregnancy and helping people become culturally competent.

Cortney Yarholar, from the Oklahoma Department of Mental Health and Substance Abuse, presented many initiatives the department is working on, including having an education and awareness series for non-Native American providers. He said they want people to be aware and respectful of alternative healing methods.

He said there is a huge learning curve for state programs when entering tribal committees. Yet, he also said committees comprised of Native American's, "also need to help tribal people understand that collaborations can help."

"Our tribal committees have part of the game and state programs have part of the game. Together we have a complete game," he said.

The meeting ended with members selecting a leader. Melinda Miles was elected as the groups' chairwoman.

Miles works for Youth and Family Services, primarily in Blaine County, but occasionally in Canadian County.

Photos by Dana Attocknie

Paul Fuentes, SAPSWOI coordinator, presents goals for the year 2010 at the Alcohol and Substance Abuse Prevention Project meeting on July 8, 2009 in El Reno, Okla.

Melinda Miles, Youth and Family Services, addresses Alcohol and Substance Abuse Prevention Project members after being voted in as chairwoman for the group.

"I've been a Native American all my life (and) raised in a solid home and different backgrounds," Miles, who is Cherokee and Kiowa, said.

She touched on the subject of tribal and non-tribal programs working together and recognized what had been said earlier in the meeting.

"I don't think it's just educating our young people, it's educating our elders," Miles said. "We have trust issues ... they're deeply embedded, they're generational."

Before concluded the meeting, Miles said being named chairwoman humbles her.

"There's so much to do and I appreciate this," Miles said. "It's about working and building a better tomorrow."

Conference to discuss wind energy development on Indian lands

Submitted article

On Aug. 6, 2009 the Cheyenne and Arapaho tribes and the Office of the Special Trustee for American Indians are sponsoring an informational meeting on wind energy power.

This day long conference, which will be held in the Foley Building at the Blaine County Fairgrounds in Watonga, Okla., will explain the basics of wind energy development on Oklahoma Indian lands, which is the first of its kind in the country.

Research indicates that western Oklahoma is one of the best locations for wind energy development in the country, thus as the infrastructure is developed there are possibilities for more development in the area which may include tribal and individual trust allotments.

So far the emphasis has been on tribal development, now it is clear that Indian trust landowners may benefit from a conference that will explain wind development in more detail.

Photo by Dana Attocknie

A wind farm in Weatherford, Okla.

The conference will include a mixture of speakers from various governmental agencies on the federal and state level.

Key speakers will include persons from Office of Energy and Minerals—Department of the Interior, Oklahoma State University Extension Office, Oklahoma Department of Commerce, Office of the Special Trustee—Department of the Interior and other invited guests who will put their knowledge together to offer information to everyone attending, on whether to be a part of a wind project.

Not all trust lands are suitable for wind power development, but if you are approached by a developer you will, by the conclusion of the conference, know more about wind development, and you can ask more questions regarding development.

Native American youths gather

(ALBUQUERQUE, N.M.) - Juanita Toledo knows what it's like to grow up in a household where alcohol was abused, but with the help of a national organization for Native American youths she has chosen a different path for herself.

Toledo, 23, of Jemez Pueblo in northern New Mexico, presided as one of two co-presidents over a national five-day conference in Albuquerque July 3, 2009. Nearly 1,000 Native American youths from across the country gathered at the United National Indian Tribal Youth, Inc., or UNITY, conference, organizers say.

UNITY, an Oklahoma City-based organization, promotes personal development, citizenship and leadership among American Indian and Alaska Native youth. It has 150 affiliated youth councils in 35 states.

Members of the group who were surveyed in February said that drug and alcohol abuse topped their list of concerns for their generation. Other concerns included teen pregnancy, HIV/AIDS, obesity, dropout rates and cultural preservation.

Toledo said she witnessed physical and verbal abuse while growing up and saw two of her uncles die from liver trouble.

``That's one thing that kept me from drinking was just seeing my uncles, what they had become, what alcohol did to them,'' she said.

But having the support of UNITY also helped. Toledo stood in front of thousands of young people and pledged to live a positive lifestyle, free of alcohol or illegal drugs.

``I sat in front of these people and I took the oath,'' she said. ``I lived what I said I was going to do.''

Layha Spoonhunter, 19, of Ethete on the Wind River Reservation in Wyoming, said the conference in Albuquerque is the third he's attended.

See youths, page 8

Clinton Service Unit update

Part two of a series

WHY DO WE ASK SO MANY QUESTIONS?

Submitted article

Have you ever wondered why so many questions are asked when you come to the Clinton, El Reno and Watonga IHS facilities and what we do with that information?

Last time we looked at how we identify you, contact you, locate additional payer sources and check for Advanced Directives or living wills.

Here is more information about some of our frequently asked questions and how having accurate information helps us serve you better.

Screening Nurses Ask Questions to:

1. Identify you:

As mentioned above, at each place you visit in the clinic, you may be asked your name and birthday. Often people will have the same name or names that sound alike. We ask you these questions to make sure that we are seeing the right patient and that the information goes in the right chart.

2. Determine the Need for Additional Tests:

How long have you been sick? What are your symptoms? Why are you here today? These questions help us determine if you need any lab work or other tests prior to seeing the physician.

3. Prevent Serious Health Concerns:

We may ask you if you smoke or use tobacco, drink alcohol, feel depressed, ever been involved in a violent relationship, or used drugs. These questions help us know what information or other services you might need to help you lead a healthier safer lifestyle. We may ask you if you've had any preventative cancer screenings such as a pap smear or mammogram for women, or colorectal screening if you are over 55. These types of screenings can help detect concern in their early stages and help us get you the treatment you need early.

TO BE CONTINUED ...

Cherokee Nation likely to appeal BIA decision

(TULSA, Okla.) - The Cherokee Nation's attorney general said it's likely the Tahlequah-based tribe will appeal a decision about its historical status made by the new head of the federal Bureau of Indian Affairs.

In a letter, BIA head Larry EchoHawk said the tribe was not the historical Cherokee tribe, which he said no longer exists as a distinct political entity.

That decision essentially put the Cherokee Nation and the smaller United Keetoowah Band of Cherokees, also based in Tahlequah, on equal footing concerning authority over the jurisdictional area of the historical Cherokee tribe.

The letter called both tribes ``successors in interest'' and said they were descended from the historical Cherokee Nation, but that neither was the original tribe.

``There is no reason, on the face of the (1946 Oklahoma Indian Welfare Act), that the Keetoowah Band would have less authority than any other band or tribe,'' EchoHawk wrote.

The United Keetoowah Band has long wanted to place land into a trust, something the decision did not do.

The UKB has declined to make further comment on EchoHawk's decision, but the Cherokee Nation has been vocal in its opposition.

``Although the letter has no legal effect right now, obviously, it had very damaging hyperbole in it,'' Cherokee Nation Attorney General Diane Hammons said. ``We intend to exercise every legal right we have to correct that. We will appeal as soon as we legally can. We'll take every legal and political remedy available to us.

``This is very important to us even though it has no legal effect at this time.''

Cherokee Nation spokesman Mike Miller said EchoHawk's comments reflected a reversal of previous policy, because previous BIA attorneys have argued that the Cherokee Nation is the historical tribe.

Miller said the tribe would like to know who advised EchoHawk concerning the issue.

See decision, page 8

George Hawkins Memorial Treatment Center

10320 North Airport Road, Clinton, OK 73601

The Substance Abuse Program can be contacted at (580) 331-2370 or by dialing toll free (800) 247-4612 extension 32370. For information by e-mail, contact Nicolas Barton at nbarton@c-a-tribes.org or Director Harold Spradling at hspradling@c-a-tribes.org.

Cheyenne and Arapaho Tribal College

100 Campus Drive,
Weatherford, OK 73096
Phone: (580) 774-3742
Fax: (580) 774-7085
E-mail: catc@swosu.edu

Tribal Tidbits.....

The Cheyenne and Arapaho tribes employee committee sponsored an employee hot dog and watermelon feast July 2, 2009 at the tribal complex in Concho, Okla. Over 800 hot dogs were grilled up and raffle tickets were given out for a gift card for four Harkin Theatre movie tickets, gift card for four admissions to the Oklahoma City Zoo, one gift card for a family of four to the Redhawks and one Oklahoma State University barbecue tool set with charcoal grill.

The employee committee would like to thank everyone who helped to make the employee feast a success.

Summer youth workers William Little Bird and Eddie Blackwolf help out during employee feast.

Tribal employees enjoy their hot dog and watermelon feast.

Photos by Rosemary Stephens

Annette Howell serves up hot dogs and all the fixings.

Indian Baptist churches as missionaries to Navajo community

Submitted article

The El Reno Indian Baptist Church and Chief Cornerstone Baptist Church in Geary, Okla. traveled to Montezuma Creek, Utah from June 13 to 20, 2009 to spread the Gospel of God's love to the Navajo community in Montezuma Creek.

Church members prepared themselves to be teachers for the vacation Bible school, which was held each morning until noon for the youth. A revival was held each evening for everyone. Church repairs and painting were completed daily throughout the week. Ministry was provided by the Revs. Tom Straka, Frank Kauahquo and Jack Comer, to the small Navajo community. Twenty-one church members from Oklahoma attended the church mission, including four young Korean members from the Vision Church in Oklahoma City. John-John Yellow Eagle, 7, was the youngest and littlest missionary. He was a joy to all.

Many prayers were said, praying together, Lord together, fellowshipping and worshipping together. Friendships were made and some of the youth said they didn't want us to leave. Church mission work follows the Bible verse, Matthew 28:19, 20, "Go ye therefore and make disciples of all the nations, baptizing them into the name of the father and of the Son and of the Holy spirit, teaching them to observe all things whatsoever I have commanded you." The theme of Bible school was "The Ten Commandments" Exodus 20: 1-17. Five souls were saved at the end of Bible school and revival. Certificates and Bibles were given to the youth on the last day of Bible school. Church members were thankful to have been a part of the mission and teaching God's word.

Courtesy photo

Darlington student breaks school record with first place finish

By Traci Chapman
Reprinted with permission from the El Reno Tribune

Darlington School's Aubrey Karty sprinted to a school record recently, when she became the school's first state champion in track and field at the Organization of Rural Elementary Schools 2009 track meet.

Karty won the 1600-meter relay with a time of 6:13. She led the race for three laps, when another participant passed her on the back stretch. On the final turn of lap 4, coach Mike Pierson said Karty "seemed to find another gear" and passed the other runner, crossing the finish line first.

The Darlington Chiefs boys relay team placed third in both the 800-meter and 1600-meter relay. Team members are Devon Wells, Michael Jones, Sage Lamebull and Steffen Funkhouser.

ORES was founded in 1984. Originally the Oklahoma Organization of Dependent Schools, the organization is the oldest rural school organization in Oklahoma, according to its Web site. ORES holds several athletic and academic events throughout the year.

The next event is scheduled for Sept. 17, when the organization's state softball tournament is slated.

Pierson said 2009 Chief ORES track team members are eighth-graders Devon Wells, Aubrey Karty and Kirby Eastman; seventh-graders Tommy Crews, Lezli Hughes, Michael Jones, Alaney Karty and Sage Lamebull; and sixth-grader Steffen Funkhouser.

"All of our members did a great job, and we're really proud of them," Pierson said. "We're looking forward to next year."

Aubrey Karty

Darlington School news

Submitted article

Presenting the Darlington Chiefs 2009 O.R.E.S. State Track Team:

Eigth graders: Devon Wells, Aubrey Karty and Kirby Eastman.

Seventh graders: Tommy Crews, Lezli Hughes, Michael Jones, Alaney Karty, and Sage Lamebull.

Sixth graders: Steffen Funkhouser.

The Darlington Chiefs Boys Relay Team placed third in both the 800m and the 1600m relay. The Relay team consists of: Devon Wells, Michael Jones, Sage Lamebull, and Steffen Funkhouser.

Aubrey Karty became Darlington Chiefs' very first State Champion in track and field. Karty won the 1600m Run going away. She led the race for three laps when another participant passed her on the back stretch. On the final turn of lap four, she seemed to find another gear and passed the other participant. Her State Championship run was timed at 6:13.

Coach Mike Pierson and the Darlington Chiefs' family would like to congratulate all the participants for a job well done.

Courtesy photo

Darlington Chiefs 2009 O.R.E.S. State Track Team.

Chappell completes career agents course

Submitted article

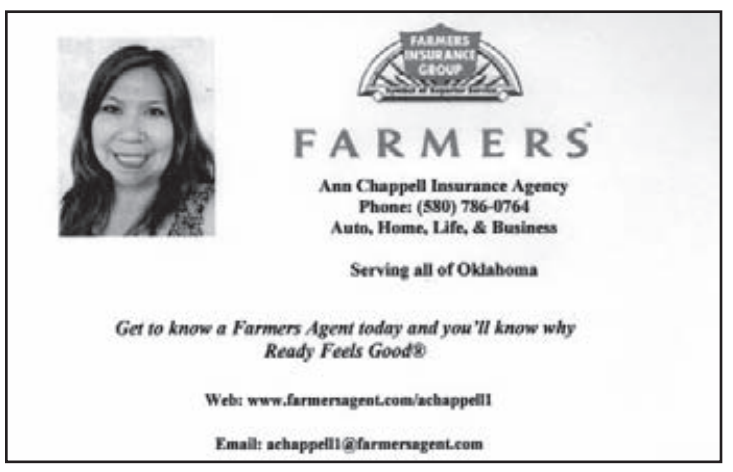
Ann Chappell, an Oklahoma agent for Farmers Insurance Group, has completed the career agents course at the University of Farmers. Chappell is a Cheyenne and Arapaho tribal member.

The University of Farmers training facility, located in Agoura Hills, Calif. was officially dedicated Nov. 3, 2006.

Farmers CEO Paul Hopkins noted that the University is national in scope and offers training to Farmers' 14,000 agents and their staff, 500 district managers and 10,000 claims staff year round.

"Ann completed the five-day career agents course, which is clearly defined and targeted to enhance the professional skills of Farmers' agents," Farmers' Vice-President Annette Thompson said, "The course gives an agent the ability to learn how to successfully understand the needs of Farmers' customers and help them choose the right insurance to meet their needs. Using professional facilitators and a curriculum that maximizes training effectiveness, this course is a road map to success for every agent."

For more information, visit www.farmers.com.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Tribal member performs in *Molly Has Her Say*

Submitted article

Molly Marie is a graduate student in Native Studies, searching for a topic for a scholarly paper. The only subject she doesn't want to tackle is her own Muscogee Creek heritage. Thunder Road Theatre, assisted by the Oklahoma Arts Council, presented *Molly Has Her Say*, July 10-12, 2009 at the Nightingale Theatre in Tulsa, Okla.

Written by Margaret Bruchac, Abenaki playwright/storyteller, *Molly Has her Say* addresses issues of mixed-blood identity, oral vs. written history and the importance of language in conveying Native American viewpoints and values.

When the play opens, the young graduate student is unable to hear the spirit of Molly Oske, her ancestor. It takes every ounce of Molly Oske's ingenuity to break through to Molly Marie in order to tell her the real story of her past.

Bruchac is a performer/storyteller and scholar who currently teaches anthropology at the University of Connecticut at Storrs. Her semi-autobiographical play was published in *Keepers of the Morning Star,* an anthology of plays by Native American women.

The play's director, Okcate Smith (Muscogee Creek) has sought to increase the play's resonance for audiences in northeastern Oklahoma. With Bruchac's permission, and with the help of George Coser, a fluent Creek speaker and presenter, Smith has adapted the content of the play to reflect the history and experiences of Muscogee Creeks.

Okcate Smith is the artistic director of Thunder Road Theatre. She graduated from the University of Tulsa with a degree in theatre in 2008. Her directorship brings Thunder Road Theatre out of a two-year hiatus. The play's cast includes April Wind (Muscogee Creek/ Cherokee) and Alice Whitecloud (Cheyenne and Ponca) as Molly Marie and the spirit, Molly Oske.

After its Tulsa debut, the play will tour northeastern Oklahoma with performances in Jenks, Miami, and Okmulgee among others. For more information, including possible touring engagements, call (918)-607-8547 or e-mail ThunderRoadTheater@gmail.com.

A Gallery of Nations

A Gallery of Nations

Eleanor Lefthand
info@agalleryofnations.com

Looking for Native Artists to possibly place their artwork on the website

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agalleryofnations.com

Running Strong for American Indian youth needs runners

Submitted article

Have you ever wanted to meet Billy Mills, run a marathon, and make a difference?

You can, as part of Team Running Strong! Run in the Marine Corps Marathon on Sunday, Oct. 25, 2009 as part of our team!

General registration for the race has sold out! But, Team Running Strong still has a few available spots!

Team Running Strong is the only group in this marathon running for American Indian youth. It can help you cross the finish line!

Hear Mills' inspiring message at a unique team honoring ceremony. Be a part of the only team making a difference for American Indian kids. Be a hero to American Indian kids with your marathon effort! You can do it and we'll help you.

Don't forget, you have to register by Aug. 30, 2009.

For more information, visit www.indianyouth.org or email marathon@indianyouth.org or call 1 (888) 491-9859.

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Tribes' host boarding school application prep workshop

Submitted article

The Cheyenne and Arapaho tribes of Oklahoma's Department of Education hosted a "Boarding School Application Prep day for parents and students" on June 24, 2009 at the Department of Education offices in El Reno, Okla.

Three schools attended: Ms. Penny Cleghorn and Mr. Clint Punley from Riverside Indian School; Mr. Robert Hensley and Jason Holland from Chickasaw Children's Village (former name Carter Seminar); and David Sanchez from Jones Academy.

Twenty-one persons attended the event, including students, parents and staff.

Riverside Indian School in Anadarko, Okla. now has a new cafeteria.

Jones Academy has a new residential building for students.

Chickasaw Children's Village has been located at their new site after their groundbreaking ceremony was held on Sept. 24, 2002.

"Now complete, the Children's Village, located in Kingston, Okla., sits atop rolling hills overlooking beautiful Lake Texoma. It is a 160-acre rural group home campus with eight cottage homes, each with a maximum capacity of eight youth and two cottage parents."

School representatives were available with applications, check lists, and brochures for students interested in applying to boarding school for the 2009-2010 academic year.

Interested parents and students can contact the schools at the listed numbers:

- **Riverside Indian School**- call Cleghorn at (405) 247-8011 and Punley at (405) 247-8944 and (888) 886-2029.
- **Chickasaw Children's Village** - (580) 564-3060 and fax number is (580) 564-3605.
- **Jones Academy** call Sanchez at (918) 297-2518, 888-767-2518 and fax number (918) 297-2364.

Other boarding school numbers are:

- **Sequoyah School** (918) 453-5400 and fax (918) 456-0634.
- **Sherman Indian School** in Riverside, Calif. (951) 276-6326.

Documents required are:

Child's birth certificate; current transcripts; immunization records; original social security card; certificate of degree of Indian blood (tribal enrollment verification); any test scores you may have on your child; current physical form (if one has been completed); and court appointed guardians must bring legal document.

Other information you feel may be helpful for your child's application for admission to boarding school.

If you do not have the listed items, the school can request them after a parental consent form has been signed. Most of the schools will provide transportation to the schools by sending a bus to Oklahoma City.

Students who have been accepted will be notified of the pick-up dates, places and times.

The education department looks forward to hosting this boarding school prep workshop each year as there are many students who cannot live at home and attend school.

Many students would not complete high school if they were not able to attend boarding school.

If you have any questions please call the education office at (800) 247-4612 x. 27568 or email wwhiteman@c-a-tribes.org.

Courtesy photo

Jones Academy students.

The 2009 Lumpmouth family reunion

Submitted article

Calling all Lumpmouth Descendants!

Jewel Black and Julie Yellowhair are organizing the 2009 Lumpmouth Family Reunion at the behest of Doty Lumpmouth, the last of Lumpmouth's grandchildren.

This year's event is scheduled for Aug. 29, 2009 at noon at the Native American Center in Canton, Okla.

All descendants are requested to bring a covered dish for the meal, your memories, photos, etc to share with others in attendance. For more information, please contact Julie at (580) 323-2738 or Jewel at (405) 422-1702. They can also be reached via e-mail at julie.cox@ihs.gov or jewel.black@ihs.gov.

They are also looking for a volunteer to assist with children's activities for the day so please contact them if you can be of assistance.

It has been five years since the last reunion so all Lumpmouth descendants are encouraged to attend.

This photo was taken the day of Lumpmouth's probate hearing.

His eldest son, Calling Thunder was already deceased so the brothers asked their uncle, Spottedcorn, to take his place in the photo

Top row L-R: Old Bear, Custer Lumpmouth, Guy Lumpmouth, Homer Lumpmouth

Bottom row L-R: Doty Lumpmouth, Spottedcorn, Yellow Hair.

Thousands visit traveling memorial during stop in Piedmont

(OKLAHOMA CITY) – Over Independence Day weekend, more than 25,000 people visited the Dignity Memorial® Vietnam Wall, a three-quarter-scale traveling replica of the Vietnam Veterans Memorial in Washington, D.C.

The replica rolled into town on July 1 and was open for public viewing July 2 – 5, 2009 at Piedmont High School's Stout Field in Piedmont, Okla.

"With the hard work and dedication of the citizens of Piedmont, we were delighted to be able to bring the Dignity Memorial Vietnam Wall to the area and allow those who might never travel to the nation's capital a chance to experience the Vietnam Veterans Memorial firsthand," said Jeremy Sparks, general manager, Chapel Hill Funeral Home and Memorial Gardens, a Dignity Memorial provider. The Dignity Memorial network created the replica in 1990.

The exhibition was sponsored locally by Chapel Hill Funeral Home and Memorial Gardens in partnership with Piedmont citizens. Volunteers from across the region, welcomed visitors to view the eight feet high and 240 feet long replica.

The Dignity Memorial Vietnam Wall, with its black, reflective surface inscribed with the names of more than 58,000 servicemen and women who died or are missing in Vietnam, is dedicated to all Americans who served in Vietnam and honors all veterans of the U.S. military.

Throughout the weekend, services and ceremonies allowed visitors to hear the impact of the Dignity Memorial Vietnam Wall and celebrate the Veterans who dedicated their lives to protecting freedom.

"With over 150 volunteers, including employees of Dignity Memorial, the weekend was very successful and will be long remembered," said Ken Dickerson, retired Canadian County judge and co-chairman of the Dignity Memorial Vietnam Wall steering committee. "I am proud to have served as co-chairman of this event. My fellow members and volunteers represented Piedmont with honor and hard work."

To date, the replica has traveled to more than 200 cities across the country and has been visited by millions of Americans.

The Dignity Memorial Vietnam Wall is one of many efforts of the Dignity Memorial network. Other initiatives include the Veterans Planning Guide, the Dignity Memorial Homeless Veterans Burial Program, educational veterans seminars and special pricing and benefits for members of three veterans service organizations.

Courtesy photo

More than 25,000 people visited the Dignity Memorial® Vietnam Wall, a three-quarter-scale traveling replica of the Vietnam Veterans Memorial in Washington, D.C., while on display from July 2 to 5, 2009 in Piedmont, Okla.

Friends share journey

Submitted article

This year the following individuals took part in the 3000 mile motorcycle journey to Washington, D. C. for the Rolling Thunder event.

- Nathan B. Doyebi, Lucky Star employee, first ride.
- Gary Worthington, Lucky Star employee, second ride
- Francine Worthington Cheyenne and Arapaho tribes employee and Cheyenne and Arapaho tribes American Legion Auxillary, fourth ride.
- Wayne Worthington, Cheyenne and Arapaho tribes American Legion Auxillary, fourth ride.

These individuals also took part in a motorcycle ride on July 1, 2009, leaving from the El Reno VFW, to escort the Dignity Wall, which is a smaller scale replica of the Vietnam Veterans Wall in Washington, D. C., to Piedmont, Okla.

See related story on page 12.

Jones Academy now enrolling

Submitted article

We are accepting applications for the upcoming 2009-2010 school year. We have openings in grades first-12. Tour the elementary school facilities and dorms.

Come join us! Be a part of the future! Take advantage of the residential program benefits:

Tutorial assistance for all grades (first-12th); Rewards for academic achievement; High school graduation expenses paid/scholarships; Career counseling/college and post-secondary preparation; Vo-Tech training; Summer youth work program; Medical and counseling services provided; Alternative education program; Traditional/cultural activities; Recreational activities and educational trips; Agriculture program

Call toll free for a tour or an application at (888) 767-2518 or write to:

Jones Academy, HCR 74 Box 102-5, Hartshorne, OK 74547

Prairie Land Food now offered to community

Submitted article

Cheyenne and Arapaho tribal member Shari Clayton and Kimberly Hicks of Kingfisher, Okla. bring Prairie Land Food (PLF) to Kingfisher County and all surrounding counties.

Prairie Land Foods provides nutritious food packages at a low cost to help stretch food dollars at home and in the community.

The PLF program is not a government program; it is available to everyone regardless of income.

PLF is a 501(c)(3) organization with a goal of providing nutritious food at a low cost to help stretch food dollars. It is funded through participation, the more people who participate the greater the purchasing power.

Here is how the program works:

Each Prairie Pak includes six different meat items and six-eight different fruit and vegetable items and costs $24.

Once you have purchased a Prairie Pak, you are eligible to purchase the meat only package, for $13, and the fruit/veggie pack, for $11.

They also have three specials each month that change. Orders for August must be received with payment by Aug. 10, 2009. Check, cash and food stamps are accepted.

You can contact Hicks at (405) 375-3738 or Clayton at (405) 368-3315 to place an order.

So you have a Prairie Pak ordered, now what? From 3 to 4 p.m. on Saturday, Aug. 22, 2009 you must come to the First Indian Baptist Church, 600 E Broadway in Kingfisher and pick up your food.

Please bring a box, laundry basket, or cooler to take food items home in.

Anyone can pick up your food, as long as they have the yellow receipt. At pickup, you can also order for the next month.

Contact Hicks or Clayton at the above phone numbers with additional questions.

Washington Foundation Native American Graduate Fellowship

The Division of Graduate Education announces the Washington Foundation Native American Graduate Fellowship for 2009-2010

The Fellowship upholds Dennis Washington's long time vision of promoting the betterment of society and the development of a highly diverse workforce through education.

MSU will award one fellowship that will consist of:

* $10,000 annual stipend renewable for a second year
* Designation as a research or teaching assistant
* Montana Native American tuition waiver

Eligibility requirements:

Applicants must be accepted to a Master's or Doctoral Degree program at the Graduate School of Montana State University.

Minimum GPA of 2.5 for undergraduate and 3.0 during any graduate program work.

One page typed essay describing reasons for pursuing graduate education and goals for the application of graduate education.

Graduate form a four-year regionally accredited institution of higher learning anywhere in the United States.

Five letters of reference, including two from nonacademic individuals.

Appropriate standardized test score, if required by program.

Montana resident.

Member of a Montana Indian tribe.

Send a letter stating eligibility requirements and application materials to The Division of Graduate Education. Include MSU student ID number.

For more information about the fellowship, call (406) 994-4145. The deadline for academic year 2009-2010 is Aug. 3, 2009.

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Technology camp introduces students to today's media

Submitted article

The Cheyenne and Arapaho tribes Department of Education (CADOE) partnered with the Cheyenne and Arapaho Technology and Innovation Training Center (CATI) in June to host a Summer Youth Technology Camp for middle school and high school students in the tribes' education complex located at the Canadian Square Shopping Center in El Reno, Okla.

Students attending were: Elijah Ellis, Jarred Johnson, Eva Sleeper, Ella Sleeper, Charles Sleeper, Jr., Warren Williams, Jon Matanane, Alyssa Levario, Jacqueline Levario, Marc Whiteman, Aaron Whiteman and Dolan Pawnee.

Quinton Roman Nose, CADOE executive director, met with students each week to discuss the avenues of media and technology as possible pathways to future careers.

He pointed out the rapid expansion of media and technology in daily life makes it a necessity to have working knowledge of computers and technology.

Roman Nose introduced the students to the Distance Learning Lab. Each student learned what a powerful tool the lab provides by allowing access to other classes and classrooms all over the world for classes not offered in the El Reno area.

Marshal Medicine Bear presented the training on global communications and browsing techniques that will help the students in their school studies and activities.

Medicine Bear introduced the students to new techniques for research to effectively help with their studies at school and for furthering their education.

He also presented the practical aspects of global browsing the Web for information pertaining to health and daily life.

Clara Baker presented the high tech aspects of computer animation using stop motion techniques.

These techniques are used in film and video production to bring objects and pictures to life.

The field of graphic art is a growing and expanding field with the expansion of digital television broadcast, which is bringing thousands of channels to home televisions in the very near future.

Baker also instructed the students in the creation of a personal and commercial Web page. The students now understand the importance and function of Web pages and the usefulness of having a personal Web page for communication, education and future careers.

Joyce Twins presented her thoughts on Cheyenne and Arapaho language and culture using computer technology to enhance language skills.

Billy-Talako Williamson, CADOE Media Production Studio production manager, presented an introduction to media production and each of the students had the opportunity to work with a broadcast studio camera in high definition using digital green screen technology.

In other words, each student was on camera and operated the camera and in the post production editing suite, added different backgrounds to the scene where the student on camera appeared to be in various locations around Concho, Okla.

This technology is used by all broadcast television stations for their weather segment of the news and special promotional graphics.

Courtesy photo

The green screen technology is also used by all motion picture film studios to create dramatic effects without endangering the actors or crew.

On the second day of Introduction to Media Production, the students traveled to the Oklahoma Educational Television Authority (OETA) studios in Oklahoma City and were given a guided tour of the facilities by Price Wooldridge, OETA production manager.

They met camera operators, news reporters, engineers, and experienced the workings of the OETA broadcast facilities.

Jason Doyle, producer/reporter, welcomed the students and explained the aspects of photojournalism and reporting the news.

Special thanks goes out to all the employees at OETA and Mr. John McCarroll, OETA executive director, who made the arrangements to tour the facility and encouraged the students to continue their education.

McCarroll has congratulated all Cheyenne and Arapaho graduates at the annual banquet each May and encourages all students to consider a career in broadcast television.

EATING well for DIABETES

By Kristie Purdy, MA, RD/LD
C&A Diabetes Wellness Program

Butter vs. Margarine: Which one should I use?

Many people are still confused as to which is more heart healthy, butter or margarine. While both butter and margarine contain about the same amount of calories and grams of fat per serving, the difference is in the source of fat both butter and margarine are made from.

First let us take a look at butter. Butter contains saturated fat and dietary cholesterol. Saturated fat is found in foods made from animal and some plant products.

The American Heart Association advises limiting saturated fat to less than 7 percent of total daily calories. Based on a 2,000 calorie diet, this would be 15 grams each day. Just one tablespoon of butter contains over 7 grams of saturated fat.

Saturated fat is the main dietary cause of high cholesterol. It is responsible for raising both our "bad" cholesterol (LDL) and our "good" cholesterol (HDL). While it does raise our "good" cholesterol, saturated fat does not raise it enough to suggest eating more of it. The intake of saturated fat is also responsible for increasing the risk of heart disease.

Dietary cholesterol is only found in foods made from animal products. It too is responsible for high cholesterol in many people.

The American Heart Association advised limiting dietary cholesterol to less than 300 mg per day, for most people. If you already have coronary heart disease, lower levels of dietary cholesterol are suggested. Butter contains 22 mg of cholesterol in one tablespoon.

Now let us take a look at margarine. The source of fat in margarine is made from vegetable oils, which contain no cholesterol. Margarine contains polyunsaturated and monounsaturated "good" fats. These fats help to reduce our LDL "bad" cholesterol. That said, we still need to be careful in choosing margarine.

There are many margarines containing trans fat. Trans fat is a man-made fat, also known as "partially hydrogenated oils." Many companies use trans fats in their products because they are inexpensive and have a long shelf-life.

The American Heart Association recommends limiting trans fats to less than 1 percent of your total daily calories. Based on a 2,000 calorie diet, this would be less than 2 grams of trans fat a day. Trans fats can raise your "bad" (LDL) cholesterol and lower your "good" (HDL) cholesterol. It may also increase the risk for developing heart disease, stroke, and developing type 2 diabetes.

Now that you have the facts, the question still remains. Which is better, butter or margarine? Margarine is usually preferred over butter due to the greater amounts of polyunsaturated and monounsaturated fats used, which help to reduce "bad" (LDL) cholesterol.

When selecting margarine, choose one with the lowest amount of trans fat possible. The more solid a margarine is at room temperature, the more trans fat it contains. Try to switch to a tub or liquid margarine that contains less than 2 grams per serving saturated fat, and as close to zero as possible trans fat.

For those of you who prefer the taste of butter and don't want to give it up completely, try using a whipped, light, or reduced calorie butter. Just like margarine, the more solid the butter is at room temperature, the higher the saturated fat content.

No matter which taste you prefer, enjoy in small portions!

For questions concerning diabetes or weight management, please contact the Cheyenne and Arapaho Diabetes Wellness program at (405) 422-7688.

Beef King Ranch Casserole

Cooking with commods

5 1/2 cups shredded beef or fully cooked brisket (shredded) or fully cooked shredded beef
2 tablespoons vegetable oil
1 cup onion, chopped
1/2 cup red bell pepper, chopped
1/2 cup green bell pepper, chopped
2 tablespoons fresh jalapeno, chopped
1 teaspoon salt
1 teaspoon pepper
1 teaspoon cumin
1 teaspoon garlic powder
1 tablespoon chili powder
12 ounces canned evaporated milk
1 can diced tomatoes and green chilies
1 can condensed beef broth
8 ounces grated Cheddar or Mexican blend cheese
12 corn tortillas

Add oil to large heated skillet and saute onion, peppers and jalapeno. Mix in all spices and cook until onion is translucent. Add milk, tomatoes and broth. Bring to a simmer. Remove from heat. Stir in beef and cheese.

Cut tortillas into quarters and placed half into a greased 2 1/2-quart casserole dish. Top with half of the beef mixture. Repeat layers, ending with beef mixture. Bake at 350 degrees for 30 minutes.

Cheyenne and Arapaho Tribal Tribune

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BRIEFS

The 2009 Native American Business Alliance Procurement Conference

July 19-20, 2009 at the Soaring Eagle Casino and Resort in Mt. Pleasant, Mich. For more information or to register visit www.native-american-bus.org.

The 2009 World Hip Hop Dance Championship

July 27-Aug. 1, 2009 in Las Vegas, Nev. For more information call (800) 669-5867 or visit www.hiphopinternational.com.

Professional Excellence for Tribal Secretaries and Administrative Assistants

July 27 - 29, 2009 at the Hyatt Regency in Phoenix, Ariz. Register at www.falmouthinstitute.com.

Responding to Domestic Violence and Sexual Assault

July 29 - 30, 2009 at the Palace Station in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com/training.

Preparing Year-End Financial Statements for Tribes and Tribal Organizations

July 30-31, 2009 at the Palace Station in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com/training.

The 21st annual Native Health Research Conference - "Science as Storytelling and the Science of Storytelling"

Aug. 3-6, 2009 at the Hilton Executive Towers in Portland, Ore.

For reservations call (503) 226-1611 or visit www.ihs.gov.

The 2009 IHS Behavioral Health Conference

Aug. 4-7, 2009 at the Crowne Plaza in St. Paul, Minn. For more information and registration visit www.bhconference.com.

The National Alaska Native American indian Nurses Association's 2009 Summit-Preventing Violence among Native American Indian Women

Aug. 6-9, 2009 at the Embassy Suites Hotel in Albuquerque, N.M. To register go to www.acteva.com/go/nanaina.

The 11th annual International Language of Spirit Conference

Aug. 8-11, 2009 at the Embassy Suites Hotel in Albuquerque, N.M. For more information or to register call (505) 792-2900.

The ninth annual Native American Symposium

Aug. 14-15, 2009 at the North Carolina State University campus in Raleigh, N.C. For more information or to register visit www.ncsu.edu/msa/onasa/symposium.php.

The U.S. Environmental Protection Agency's (EPA) eleventh Community Involvement Training Conference

Aug. 18-20, 2009, in Seattle, Wash. For federal, state, tribal, and local agency partners who plan and implement environmental community involvement, partnership, stewardship, outreach, and education programs.

For more information visit www.epa.gov/ciconference.

The American Legion ninth annual National Convention

Aug. 21-27, 2009 in Louisville, Ky. For more information visit www.legion.org/national/divisions/convention.

CULTURAL CORNER

The woman who climbed into the sky

By Abraham Pedro

This story happened shortly after the making of creation, when the Sun and the Moon were still young men, born from their parents the earth and the heavens. This was when they still lived in their parent's tipi, near "Eagle River," in the celestial heavens, and when they journeyed out to find wives, and to live a life on their own. During this time, many of the creations were young and we could talk with one another, and even the animals and creations at one time could become human.

During late springtime, our people were camping next to a stream, in a lush river valley with plenty of game. Tipis were camped in a circle, and it was idyllic, girls were running around playing, and the moon was shining as the day waned and the sun set.

Some of these girls were laying on their backs, watching all of the stars, as this time of year one could see the whole milky way stretch across the sky. One girl gazed upon one of the brightest stars in pure admiration, and said out loud, "That brightest star, the one they call the moon, I wish he was my husband!" Another girl chided her, saying you mustn't ever say that.

The next day, these girls were off playing, when they neared a cottonwood tree. Near the top sat a big porcupine. The same girl decided to climb up the tree on the hopes of bringing that porcupine down. The closer she got to the porcupine, the farther away it seemed to her. She kept climbing towards it, but just couldn't seem to reach it.

Another girl watching her warned her again, "Come down from there!" But the girl pretended no to notice and kept on climbing. "Don't worry, I almost have him!" She said, and soon, the girl could hardly hear her friends at all.

"Wohei! Let's go!" Murmured the porcupine to the girl. "I am the star who was shining so brightly on you the other night! And I am the man who will marry you!" Before her now stood a handsome young Indian man, in beautiful clothes that looked as if they were made from the whitest, finest buckskins. She took his hand, as they climbed up to the sky, where they remained together in his home in the stars, in the night sky, near a river in the heavens called "Red Turtle River."

They became married, and the mother and the father of Moon gave gifts to the woman. The father gave her a digging stick, and the mother gave her and taught her about the four main roots we use. When she consummated their relationship, this also became the first menses in a woman, and is also why womenfolk have this relationship with the times of the moon in their lives. In time she almost completely forgot about her own people remaining there back on Earth. She remained with him there and they were very happy, and she eventually gave birth to a little boy.

During the daytime, this young man would go off hunting for game, leaving the young lady to take care of their lodge, with her little son. Their tipi was well furnished, and interestingly, her tipi skin was midnight blue, with light clouds that formed the ground around where they lived.

Every day when he would leave to go hunt, he would warn her of one thing "Don't go off and dig for onions." Yet the wild Indian onions that grew around there were her favorite.

She got out her digging stick and went anyway one day to go dig onions, and finding the biggest onion around, she pulled it up. Where she had pulled it up, she looked down in the hole it had made, and she seen she could look down upon the Earth, and she even saw the valley and camp that she had come from. All at once homesickness struck her.

For days and days she pined over her relatives, and even crept back over to where the hole stood to gaze upon her people. An older lady who lived nearby chided her, and finally pitied her, watching her as she wept.

The old lady told her that if she wanted to go down to see her people she would have to gather some sinew and knot it together to climb down there. So she did, but somehow, she didn't make it long enough. She tied it to a stick and with her young son on her back climbed far, far down the sinew rope. She hung there, as it was still a very long drop to the bottom.

Her husband Moon, coming home, went in search of his wife. Finding her having crawled down the hole, he became quite fearful for her, as she had forgotten the one rule he had asked her never to break.

One of the rocks by the hole became dislodged, and it fell toward the Earth. (This became the first shooting star). It hit her in the head, and she fell. Some say she lived, while some say she passed away. Moon, flew into a mourning rage fearing his wife and son had died from the fall and went back to mourn, knowing he would never see them again.

The child, meanwhile, was saved and he awoke in the creation. An old woman lived nearby to where he fell. Her name is "Old Woman Night." She took this boy in with delight and named him Morning Star. He taught her many things as he grew to maturity, and many of these things we still have in our tribe.

Some say this woman survived and she went back to her people, and taught them about the things Moon and his parents taught and showed her. One of these things was when he was a porcupine he told her about quillwork, which she shared with many of her womenfolk.

Oklahoma Indian tribes give $106M in gaming revenues

(OKLAHOMA CITY) - The 29 Oklahoma-based American Indian tribes that offer gaming contributed almost $106 million to state coffers during the just-completed fiscal year, according to a report from the Office of State Finance.

That is a 23 percent increase over the previous year, when the state received about $81 million from the tribes.

``It's still growing,'' state Treasurer Scott Meacham said. ``We don't know where it's going to top out at.''

Under compacts between the state and the tribes, the state receives a percentage of revenue from card games and Las Vegas-style gaming machines. While most of the money goes to education, the first $250,000 goes to the state Department of Mental Health and Substance Abuse Services. Among the state's tribes, the Chickasaw Nation paid the most at $28.7 million. The Choctaw Nation contributed $21.5 million.

``It keeps getting better from the state's perspective,'' Meacham said.

He said Oklahoma casinos are attracting a wider variety of people as tribe's have upgraded casinos over the years.

The Chickasaws have been among the top contributors since Oklahoma tribes were allowed to offer gaming, but tribal officials aren't complaining.

``From a business perspective, it makes sense to contribute to our state's education efforts, as well as various economic development projects, because it gives Oklahoma the edge over other states and the end result provides benefits for Oklahoma and Chickasaw citizens,'' said Bill Lance, CEO of the tribe's commerce division.

The tribe's payout increased by a third over 2008, an increase officials attribute to the expansion of WinStar World Casino near Thackerville.

The half-mile-long casino off Interstate 35 near the Texas border now ranks as one of the largest casinos in the country, officials said.

Arapaho cultural Christian musical

The presentation of Christian music in Arapaho language will be a one-day seminar held at 9 a.m. Sept. 4, 2009 at Southwestern Oklahoma State University in Weatherford, Okla.

There will be different Christian cultural music presenters in Arapaho language. The presentation will be recorded and incorporated into a booklet for people to have and use for spiritual purposes. Everyone is cordially invited to attend and bring music for sharing in Arapaho language. Join us for this unique event to obtain the music and Arapaho language for others to enjoy.

For more information contact Charles Sleeper at (405) 422-7615.

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022

CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA FILED JUN 24 2009 COURT CLERK DEPUTY

ALICE SEGER, Plaintiff
vs.
DORIS THUNDERBULL, Defendant

Case No: CIV-2009-0057

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: DORIS THUNDERBULL

You are hereby notified that Alice Seger has filed in this Court a Small Claims Affidavit on May 19, 2009, and that the plaintiff is seeking payment of a debt in the amount of $1,842.16 for money loaned to the defendant on December 3, 2008 for car repairs. That plaintiff acknowledges defendant has paid $400 leaving a balance owed to the plaintiff in the amount of $1,442.42 and that plaintiff has demanded payment but defendant refused to pay the balance. That said Small Claims Affidavit is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 23RD day of JULY, 2009 at 9:00 A.M., at which time you may appear and show cause, if any you have, why said affidavit should not be granted.

Dated this 24th day of June, 2009.

Patty Bell, Court Clerk
Cheyenne and Arapaho Trial Court

Plaintiff:
Alice Seger
1708 Littell
Clinton, OK 73601

IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
POST OFFICE BOX 102
CONCHO, OKLAHOMA 73022

CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA FILED JUN 23 2009 COURT CLERK DEPUTY

In The Matter Of The Application Of:
ARMANDO JAQUEZ, JR
DOB: 12-19-78
ROLL: #7918
To Change His Name

Case No: CIV-2009-0065

NOTICE BY PUBLICATION

TAKE NOTICE, that Armando Jaquez a/k/a Armando Jaquez, JR has filed in this Court a Petition For Name Change, as follows, to wit: from Armando Jaquez a/k/a Armando Jaquez, JR to Juaquin Reagan Lonelodge, and that the same will be heard by the Cheyenne and Arapaho Trial Court of Concho, Oklahoma in the Courthouse located at 700 Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma, 73022, on the 11TH day of AUGUST, 2009 at 9:00 A.M. and any written protest may be filed in the case, prior to the date set for the hearing.

Issued this 23rd day of June, 2009.

Lena Marquez, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Armando Jaquez a/k/a Armando Jaquez, JR
6105 N. Brookline Ave., Apt. 41
Oklahoma City, OK 73112

CALENDAR of Events

Respect and Parenting classes
From 1 to 5 p.m. July 21-22, 2009 at the Cheyenne and Arapaho tribes Department of Education CATI office. For more information, call (405) 422-7674/7676

Indian Hills powwow
July 24-26, 2009 at 300 North Sooner Road. Grand entry at 8 pm. each night. Vendors can contact Glenn Rollo at (405) 672-6531 or 606-7198.

Kathryn Hoffman birthday dance
At 2 p.m. July 25, 2009 at the Concho Community Center.

Anger Management class
From 2 to 5 p.m. July 29, 2009 at the Cheyenne and Arapaho tribes Department of Education ITC classroom. For more information, call (405) 422-7674/7676.

Indian Water Rights and Water Law conference
July 29-30, 2009 at Redlands Community College in El Reno, Okla. Hosted by the Cheyenne and Arapaho tribes. For more information contact Lynnette Gray at (405) 422-7622 or email lgray@c-a-tribes.org.

Oklahoma Indian Nations powwow
July 31 - Aug. 2, 2009 at the Concho powwow grounds in Concho, Okla. Now accepting food vendors and art booths. For more information contact Dara Franklin at (405) 488-5565 or Christine Morton at (405) 476-1134.

R.E.Sp.E.C.T Summerfest 2009
From July 31 to Aug. 2, 2009 in Concho, Okla. For more information, call (800) 247-4612 ext. 27570 or 27585.

Health Fair and Screening
From 11 a.m. to 3 p.m. Aug. 1, 2009 at the Indian Nations Powwow in Concho, Okla. Sponsored by the Cheyenne and Arapaho tribes Health Education department. For more information call (405) 422-7674 or (405) 422-7676.

Wind energy development conference
From 8:30 a.m. to 5 p.m. Aug. 6, 2009 in the Foley Building at the Blaine County Fairgrounds in Watonga, Okla. For more information call Henry Ware, Concho Agency fiduciary trust officer, at (405) 422-7017.

Eighth annual Oklahoma Grazing Lands Conference
Aug. 13-14, 2009 at the Clarion Conference Center in Oklahoma City. Registration ends Aug. 3, 2009. The fee is $150 per person. For more information, visit www.okgrazinglands.org.

Intertribal Indian Club of Tulsa 32nd annual powwow
Aug. 21-23, 2009 at the Historic Perryman Ranch, between 111th and 121st on Elwood turn at the White Buffalo. For more information, visit, www.iicot.org.

Oklahoma City Indian Clinic fifth annual powwow
Aug. 25, 2009 at the State Fair grounds of Oklahoma – Cox Pavilion. Gourd dancing at 2 p.m., supper at 5:30 p.m. and grand entry at 7 p.m. For more information, call Steve Barse at (405) 556-1665 or steve.b@okcic.com. Powwow vendors, call Andii Tittle at (405) 948-4900 or andii.t@okcic.com.

Cheyenne and Arapaho tribes Veterans powwow
Aug. 28-30, 2009 at the Canton powwow grounds. For more information, contact Davis Ramos at (580) 623-4991.

The 2009 Lumpmouth family reunion
Begins at noon Aug. 29, 2009 at the Native American Center in Canton, Okla. For more information, call Julie at (580) 323-2738 or Jewel at (405) 422-1702.

Arapaho Christian musical
At 9 a.m. Sept. 4, 2009 at Southwestern Oklahoma State University. For more information contact Charles Sleeper at (405) 422-7615.

The Native American Cultural Studies Program

Traditional Native American
Arts & Crafts and Cultural Classes

Class instructors are all proven artists with knowledge and skills handed down to them from generations ago. All classes are open to the public. Enrollment is limited in order to provide quality instruction. Register now by contacting: Eleanor McDaniel, program director at (580) 429-3430.

July 2009 Class Schedule

All classes will be held at the Cache Community Church of God at 7th and Walnut Street in Cache, Okla. unless otherwise notified.

Plains Indian Silverwork Class
Dates: July 13, 14 & 16, 2009
Times: Monday, 7– 9 p.m.
Tues and Thurs, 6 –10 p.m.
Instructor: Bruce Caesar
Cost: $130 all supplies included

Men/Women's Moccasin Class
Dates: July 20 and 21, 2009
Times: Mon and Tues, 6–9 p.m.
Instructor: Eleanor McDaniel
Cost: $75 all supplies included

Beadwork Class - Medallions
Dates: July 23, 2009
Times: Thursday, 6–9:30 p.m.
Instructor: Eleanor McDaniel
Cost: $35 all supplies included

Beadwork Class – Peyote Stitch
Dates: July 24, 2009
Times: Friday, 6– 9:30 p.m.
Instructor: Eleanor McDaniel
Cost: $35 all supplies included

Cherokee Basket Weaving
Dates: July 25, 2009
Times: Saturday, 10a.m.–4 p.m.
Instructor: Charlotte McCurtain
Cost: $40 all supplies included

Plains Indian Silverwork Class
Dates: July 27, 28 & 30
Times: Monday, 7– 9 p.m.
Tues and Thurs, 6 –10 p.m.
Instructor: Bruce Caesar
Cost: $130 all supplies included

IAIA celebrates '70s in support of Native American student success

(SANTA FE, N.M.) – In 2012, IAIA will turn 50, and leading up to that date, each decade since the Institute's founding will be celebrated at an annual gala event.

This year "The '70s: The Revolution Continues" kicks off at 5 p.m., Wednesday, Aug. 19, 2009 at the historic La Fonda hotel in Santa Fe, N.M.

Tickets start at $125 per person and table sponsorships are also available. Call (505) 424.2310 to reserve a spot now as last year's event sold out three weeks early!

All proceeds will benefit Native American student scholarships.

A "Wednesday Night Fever" atmosphere will conjure up memories of polyester and platforms, balancing disco-esque fun with more serious perspectives from a decade known for Native American activism.

The NAMMY Award-winning musical group Walela, featuring singers Rita Coolidge, Priscilla Coolidge and Laura Satterfield, will perform for the event, reuniting to celebrate a critical era in Native American self-determination.

New Mexico's Gov. Bill Richardson and first lady Barbara Richardson are serving as honorary co-chairs for the evening, and KOAT Action 7 News Anchor Royale Dá and actor Raoul Trujillo (Apocalypto, HBO's True Blood) will co-emcee the event.

Accepting IAIA's Lifetime Achievement Award is Chuck Dailey, museum studies professor emeritus who has devoted more than 35 years of his life to IAIA. His late wife, Carol, will be honored with him.

Wendy Ponca, 1970s alumna and former faculty member, will serve as the event's honorary advisory committee chair, while community volunteers Jill Momaday Gray and Melissa Coleman are enlisting friends new and old to support the gala's goal: scholarships for IAIA's College of Contemporary Native Arts students.

Momaday Gray and Coleman said, "We are deeply committed to this event because all proceeds will support scholarships and educational opportunities for Native students. We passionately support IAIA for its legacy of creating the first and only educational institution for contemporary Native Arts and for its profound impact on Native People to express themselves in their own voice."

Guests will have the opportunity to bid on works by renowned Native American artists such as Victoria Adams, Cody Sanderson, Lonnie Vigil, Tony Abetya, Jody Naranjo and many, many more.

*AMMY-Award winning group Walela will perform at "The '70s: The Revolution Right: Actor/dancer Raoul Trujillo (*Apocalypto, True Blood*) will co-emcee the raising event with KOAT news anchor Royale Dá.*

For more information visit www.iaia.edu.

Red Earth Festival receives 'Outstanding Cultural Tourism' award

(OKLAHOMA CITY) – The Red Earth Native American Cultural Festival, recognized as one of the largest performing arts event of its type, is the 2009 recipient of the "Outstanding Cultural Tourism" award presented by Frontier Country Marketing Association, a non-profit membership-based organization that promotes tourism in central Oklahoma.

The Red Earth Festival was recognized during the annual meeting of the membership-based Frontier Country Marketing Association.

Award recipients were voted on by Frontier Country members in an effort to acknowledge outstanding tourist attractions, exhibitions, events and businesses.

"We feel very privileged to be recognized by our peers in Oklahoma's tourism industry," said Jonna D. Kauger Kirschner, president of the Red Earth Board of Directors. "To be recognized as the Outstanding Cultural Tourism event among so many deserving events in Oklahoma is quite an honor."

Courtesy photo

During its 23-year history the Red Earth Festival has matured into one of the most respected visual and performing arts event of its type – setting the standard for many of today's Indian art shows held throughout the country.

At Red Earth, guests can sample the work of some of the nation's most celebrated artists, with opportunities to purchase contemporary and traditional examples of beadwork, basketry, jewelry, pottery, sculpture, paintings, graphics and cultural attire during the juried art show and market.

The dance competition at Red Earth features some of the most talented Native American dancers in the country in a competition of dance skills.

The dance participants, each in their own distinctive tribal dress, exhibit their originality and skills in one of the most prestigious of all native dance competitions.

The Red Earth Festival is one of several events produced by Red Earth, Inc - a 501 (c) 3 non-profit organization with a mission to promote the rich traditions of American Indian arts and cultures through education, a premier festival, a museum and fine art markets.

NIEA present 40th Anniversary Commemorative Pendleton Blanket

The National Indian Education Association is pleased to announce that Steve Premo (Mille Lacs Band of Ojibwe) is our exclusive designer for the 40th annual NIEA Pendleton Commemorative Blanket.

The people who entered submitted dazzling paintings and designs—so difficult was the task of choosing among such diverse and beautiful works.

Premo's design is special to NIEA. With forty points circling our logo, it proudly shares the many years that we have all been brought together to discuss our Native education issues.

Premo is a well-respected artist with a distinctive style who paints with bold and deliberate colors.

"Although not as complex as other entries, Steve Premo's artwork expressed strong meaning that was well thought out. He told our story with symbols and colors with such respect and conviction. We found that the most compelling," Robert Cook, NIEA president, said.

The education community is truly honored by the effort put forth by the participants in this contest.

NIEA thanks all who entered and appreciate greatly the work and time spent on the wonderful pieces of art for the education community and the founding history of the National Indian Education Association.

The blanket will be given to Pendleton Woolen Mills Company. Compensation for the winning design included a $2,500 cash prize, one round-trip airfare to the NIEA convention in Milwaukee, Oct. 22-25, 2009, a two nights stay at the NIEA"s host hotel the Hilton Milwaukee, and an unveiling of the winning work during the opening General Assembly Session of the convention.

youths

Continued from page 3

Spoonhunter of the Eastern Shoshone and Northern Arapaho tribes said UNITY's role models have helped him stand up to those people who have tried to get him to drink alcohol when he attended an off-reservation school.

``There was a lot of peer pressure. There was a lot of stereotypes that occurred, that every Indian drinks, but you have to find a way to prove them wrong that not every Indian drinks,'' he said.

The conference was packed with motivational messages, team building exercises, workshops, chances for cultural exchange, sports and fitness activities and a career fair. Youths from New York to Alaska put on their tribal dress for a ceremonial dance Saturday.

Spoonhunter said one part of the conference he enjoyed was a ceremonial fire that is lit at the start of the gathering and will be tended throughout the conference.

``The fire is a unique thing. It brings all of us together. You can go out to the fire, there will be people singing, people telling stories and people just talking. The fire helps people really get together,'' he said.

Both Spoonhunter and Toledo say UNITY has helped them become more outspoken and realize they can be advocates for social change and role models for younger tribal members.

Youths who attended the conference were challenged to come up with solutions to prevent alcohol and drug abuse and take those ideas back home and share them with their tribes.

Toledo said digital graphic design could be used to create images that would inspire youths not to drink or take narcotics.

She also thinks public service announcements or challenges to youths to give up drinking for a week at a time could help.

Toledo said President Barack Obama's message of change is reaching the reservations.

Youths are tired of the same old systems and want to bring up fresher ideas, and now she thinks tribal elders are becoming increasingly open to hearing how the next generation would solve problems.

``A lot of the leaders now they want to look to the youth. They want to hear from us,'' she said. ``That's a change in Native America - the youth are being listened to now.''

A.A Meetings-7 p.m.-Wednesdays
N.A. Meetings -7 p.m. Thursdays at the George Hawkins Memorial Treatment Center East of Clinton on Airport Road.
For more information (580) 331-2370

decision

Continued from page 3

Being able to place land in a trust is key to tribal gaming operations and other issues of tribal sovereignty.

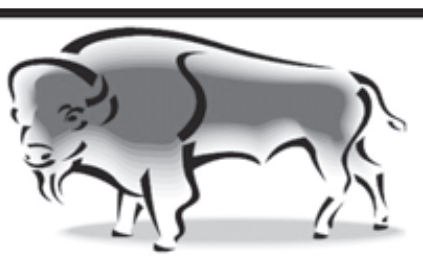
EchoHawk's decision noted that a recent U.S. Supreme Court decision in a Rhode Island case limited the ability to place land into a trust to tribes listed on the 1934 Indian Reorganization Act.

EchoHawk's letter also noted that UKB efforts to place land into trust could have national consequences.

EchoHawk's decision could have an effect on how the BIA deals with the Cherokee Nation, the UKB and other tribes, said Stacy Leeds, a law professor who directs the University of Kansas' Tribal Law and Government Center.

``It's a decision about land into trust,'' said Leeds, a Cherokee Nation member who once served on the tribe's Supreme Court. ``It's certainly a good decision from the UKB's perspective. From the Cherokee Nation perspective, it raises questions. It's legally binding as to whether the UKB can have land in trust.''

Leeds said that tribes outside Oklahoma are interested in the decision because ``it's making a statement about reorganized tribes in this century and opining that they're not necessarily the historic nations that the treaties are with.''



Buffalo Meat Disbursement

The Buffalo Meat is here! All those eligible for disbursement may pick-up their meat at this time. Buffalo meat is available on a first come, first serve basis.

As a reminder, the C-A Diabetes Wellness Program offers the buffalo meat distribution through a grant. This is a supplemental program for elders and diagnosed diabetic clients who are within the grant guidelines. Due to the demand for this program, we would like to remind you of the guidelines to be eligible for participation.

- ***You must be an enrolled Cheyenne-Arapaho tribal member or a member of a federally recognized tribe.***
- ***You must be a diagnosed diabetic or 55 years-old and older.***
- ***Only one disbursement of buffalo meat will be given per household. You cannot give the same address as another participant.***
- ***You must live within the Cheyenne-Arapaho county service area.***

If you have any questions, please feel free to contact us at (405)422-7688

ECONOMIC DEVELOPMENTS

Tribes buffalo program continues to prosper

Submitted article

We hope everyone has had an opportunity to see the OETA Stateline segment which featured the Cheyenne and Arapaho Buffalo program.

Year to date we have provided nine buffalo to the Diabetes/Wellness program for processing, we have provided three for the Culture and Heritage program for processing for the Cheyenne ceremonials, one ceremonial field kill for the ceremonials.

Courtesy photos

Ricky Blackburn (Tribal committee member), Bill Armour (Tribal committee member), Rupert Nowlin, Natural Resources manager, J. T. Trosper (Buffalo Program manager), Greg Day (Sundance sponsor)

Also, two buffalo have been processed for the Economic Development department's commercial venture (products for sale at the Calumet Grocery Store and Smoke Shop) and recently two live buffalo were transported to Wyoming for the Arapaho ceremonials.

A ceremonial field kill was performed in Wyoming.

At the corral is Greg Day, JT Trosper, Rupert Nowlin, Bill Armour, Ricky Blackburn

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Geary Community Nursing Home

Family, food, fireworks

Submitted article

On June 17, 2009 the Geary Nursing Home residents enjoyed the entertainment of the Hydro High Steppers. They did square dancing and the staff joined in with some line dancing also.

We had a 4th of July cookout last week with burgers, hotdogs and cake.

Several family members and visitors attended. Everyone had a good time.

Pictured is Nancy Paulk with her mother Velma Paulk from Calumet, Okla. Velma is 102 years old. The staff really enjoyed visiting with her.

A big thanks to everyone who attended and helped with the cookout. On the 4th the residents enjoyed more cake while sitting on the back porch watching fireworks.

A Special Thank You

Our family would like to express our sincere gratitude and say thank you to the Cheyenne and Arapaho tribes of Oklahoma for the services they provided to us in our time of grief.

Thank you for the professionalism of the staff, it made the arrangement process much easier.

We celebrated our sister, Joyce Kay Pope and we will miss her.

Thank you very much.

Sincerely,

Mary Pope and family
Shelley Pope and family

TRIBAL TRIBUNE DEADLINES

The **8th** and **23rd** of each month

Tsetsehestase & Hinonei Language Program Funds
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405-422-7640 & 422-7568
405-274-2391
Administrative Staff
Quinton Roman Nose-Executive Education Director
qromannose@c-a-tribes.org
Joyce Twins, Language Director
Cheyenne Language
jtwins@c-a-tribes.org

Eighth annual Oklahoma Grazing Lands Conference

Submitted article

The Oklahoma Grazing Lands Conservation Association will host its annual "Grazing Lands Dollar$ and Sense" conference Aug. 13 and 14, 2009 at the Clarion Conference Center in Oklahoma City.

This year's conference will focus on getting the most out of your pastures.

Returning for a third time at the annual conference will be Jim Gerrish, of American Grazinglands Services LLC. Gerrish's experience includes over 20 years of beef-forage systems research and outreach while on the faculty of the University of Missouri, as well as 20 years of commercial cattle and sheep production on his family farm in northern Missouri.

The University of Missouri Forage Systems Research Center rose to national prominence as a result of his research leadership.

His research encompassed many aspects of plant-soil-animal interactions and provided foundation for many of the basic principles of management-intensive grazing.

Joining Gerrish each day as well as being our special Thursday evening speaker is Jerry Brunetti. Brunetti is the managing director of Agri-Dynamics, a 25-year-old firm that specializes in the formulation and production of products for farm livestock and pets.

An animal science major at North Carolina State University, he also owned a cow-calf operation in West Virginia and was a milk marketing manager for the NFO.

He consults on wide-ranging topics and contends there are curiously similar dynamics at work throughout nature and across breeds.

He works with such materials as seaweeds, herbs, enzymes, probiotics, vitamins, chelated minerals, "rare-earth" minerals and more.

As word spread of his curing himself of cancer through nutritional and alternative methods, so has his speaking schedule. He now lectures around the world. He is a frequent contributor to Acres, U. S. A.

The conference this year will provide enough of the basics to bring newcomers up to speed as well as enough information to help veteran graziers.

Topics will include:

Soil health, building a better solar panel, harvesting more of what you are already growing, balancing rest and use, grazing everyday you can, managing cow costs and forage quality.

Anyone who is interested in attending the conference should go to www.okgrazinglands.org for a registration form.

Anyone interested needs to register for the eighth annual conference no later than Aug. 3, 2009.

The registration is $150 per person and includes attendance to all sessions, lunches and breaks both days, and a CD with proceedings.

94th Birthday Celebration Honor Dance

KATHRYN HOFFMAN
July 25, 2009
Concho Community Center
Gourd Dance (On Time) at 2 p.m. Supper at 5 p.m. Social Dance to immediately follow

Emcee - Hammon Motah, Carnegie, Okla.
Head Singer - Daniel Cozad, Hog Creek, Okla.
Head Man Dancer - Johnny White Cloud, Wis.
Head Lady Dancer - Violet Kauley, Carnegie, Okla.
Head Little Girl Dancer - Amaya Quintana, Weatherford, Okla.
Head Little Boy Dancer - Skyler Reyes, Hammon, Okla.
Arena Director - Wilbur Bullcoming, Hammon, Okla.
Co-Host - Kiowa Gourd Clan

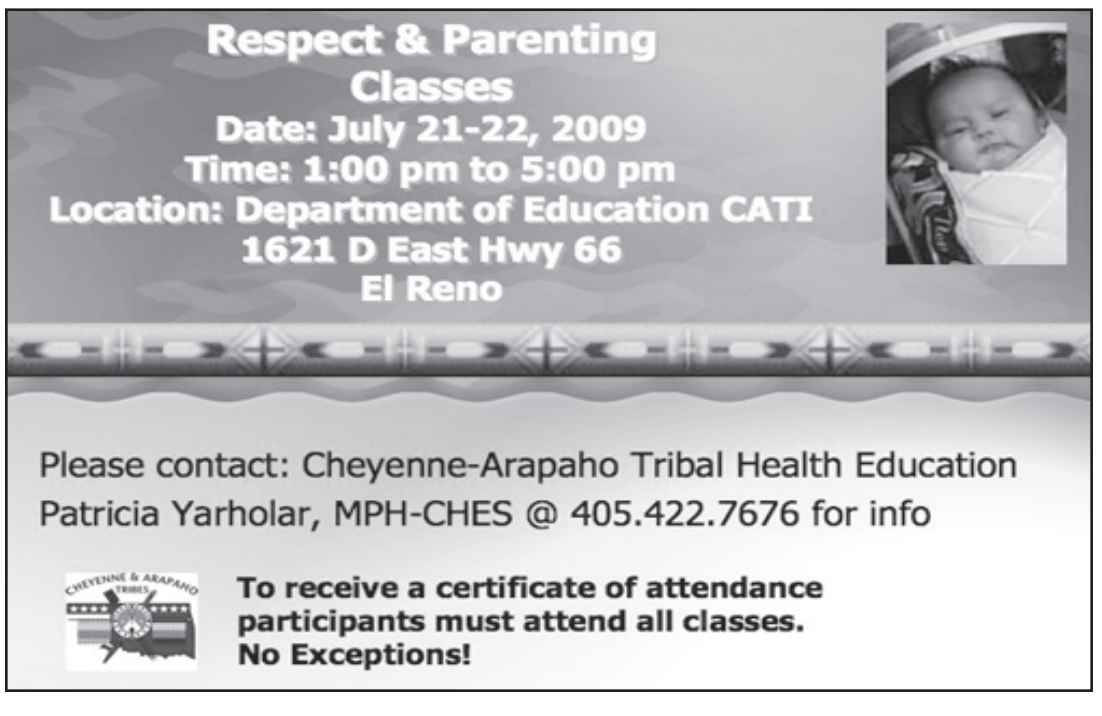
HONORED FAMILIES
Clara Old Crow - Naranjo Sisters: Belva and Bernice - Wilbert and Melissa GoodBlanket

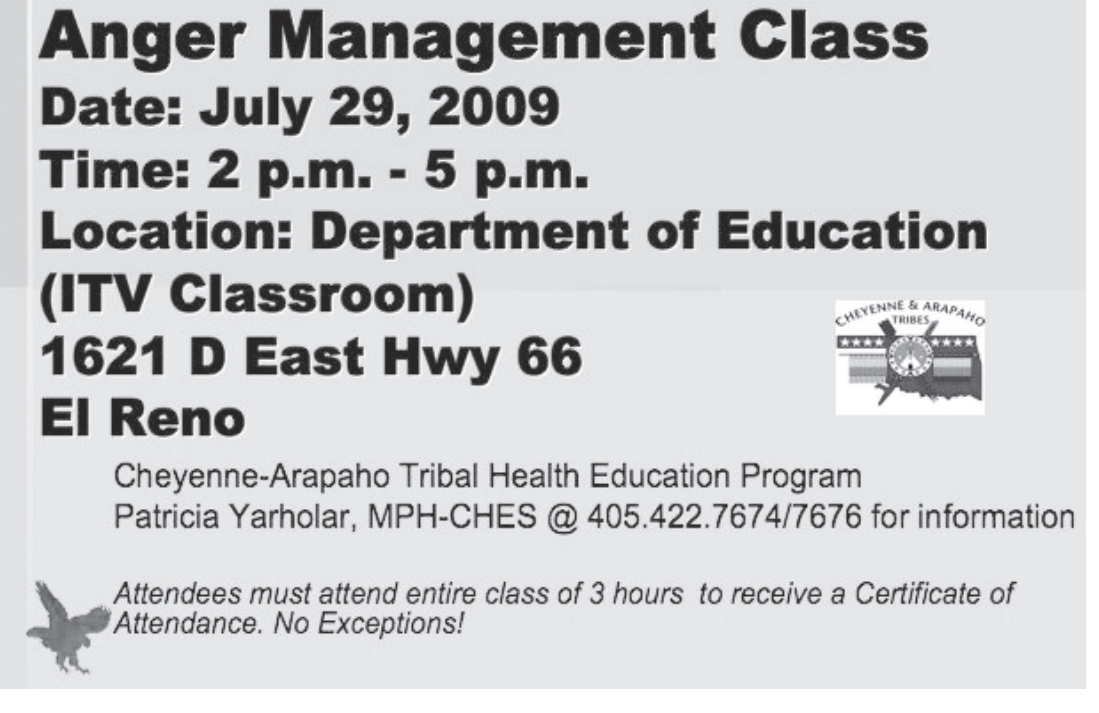
Prettiest Shawl Contest - Sponsored by Amaya Kathryn Quintana "Vic-si-haut"

Everyone is invited to come dance and celebrate Kathryn's birthday.

NO alcohol or drugs on premises. Not responsible for accidents.

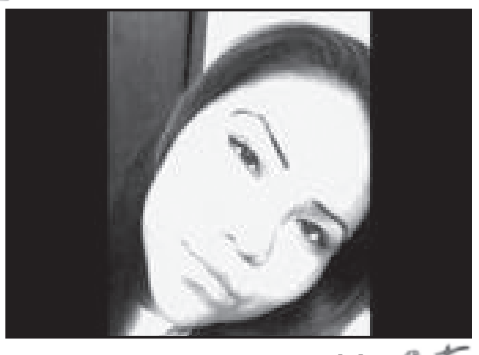
executive department submission


Respect & Parenting Classes
Date: July 21-22, 2009
Time: 1:00 pm to 5:00 pm
Location: Department of Education CATI
1621 D East Hwy 66
El Reno
Please contact: Cheyenne-Arapaho Tribal Health Education
Patricia Yarholar, MPH-CHES @ 405.422.7676 for info
To receive a certificate of attendance participants must attend all classes.
No Exceptions!


Anger Management Class
Date: July 29, 2009
Time: 2 p.m. - 5 p.m.
Location: Department of Education
(ITV Classroom)
1621 D East Hwy 66
El Reno
Cheyenne-Arapaho Tribal Health Education Program
Patricia Yarholar, MPH-CHES @ 405.422.7674/7676 for information
Attendees must attend entire class of 3 hours to receive a Certificate of Attendance. No Exceptions!

HAPPY BIRTHDAY

Happy 3rd birthday
Alicia M. Hoffman
"Bright eyes"
We love you, Mama Mousie, Daddy Jo Jo. Sisters and ILLEGAL TOYS C.C.



Happy "Sweet 16" Birthday
Celena Williams
On July 18, 1993 I gave birth to you,
That day was the happiest day of my life.
I wish only the best for my "Baby Celena."
Love You Always, Mom & Neock.

July 21, 2009
Happy 15th birthday
Elisa Nicole (Didee)
We are proud of you and love you so very much.
Love, dad, mom, Boe-Boe, Bucky, uncles, auntie, cousins and Nana.

Happy 1st birthday Ervin James Curtis!!
July 21st
Love, your family

Happy Birthday Ona Etsitty
July 11
And many more to come
From, son Bobby James and grandkids Kato, Arkyla, and Auretha Cly

Happy 4th birthday Jaden Emillie!!
July 15
Love, your family

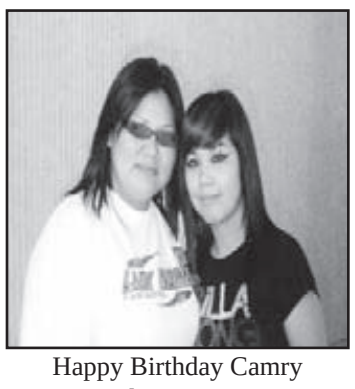
Happy Mother's Day to Betty Lou White from your daughter, Danielle Blackwolf. I love you always too.
Happy Birthday to my brother Donny Blackwolf, to my sister Vida Birdshead, and to my niece Deven Renee Blackwolf.
From, Danielle Blackwolf in Stillwater.

Happy Birthday Debbie
July 11, 2009
From your sister, mom and family!

Happy Father's Day Don Blackwolf from your daughter, Danielle Blackwolf. I love you always.

Happy 16th Birthday Richard Clayton Youngbull
July 10, 2009
Happy 15th Birthday R. James Youngbull
July 11, 2009
Wishing our sons a very happy birthday and many more
We are very proud of both of you. Enjoy your summer "Geary Bison." Love you, from mom and dad, brother's and sister's, grandma's, uncle's, aunt's and all your relatives.

Happy July birthdays to Raven (24 yrs young) and 'Maya' (18 already!) Goodblanket!
Love you from California, New Mexico and Oklahoma



Happy Birthday Camry
July 12, 1991
Another beautiful Indian girl entering the adult world. You're greatly loved. From, grandma

Ruth Clark Woolworth (Mo ka')
Happy 82nd birthday on July 26th! Love you mom! Pam, Eddie, Jr., Breanna, Uriah and Nuke.

Happy birthday brother!
With love always, Janae and Darren, Sam, Seth, Shavella and Shonae

Happy Birthday OJ Black July 21, 2009.
Happy Birthday Aileena Gonzales July 18, 2009.
Happy Birthday Isabella Gonzales July 29, 2009.
From Tina Daugherty

Happy birthday Tio Gopher
Love always, Angelbaby, Alicia, LaPerla, Shiela and Alfredo

Big John
Happy 28th birthday son. Seasons may come and seasons go, just know that with every passing year you are one day closer to coming home. You are forever missed, but you are always with us in heart, mind and soul. Always hold your head high. We are very proud of you and hold the utmost respect for you.
With all our love, brothers, sisters, nieces, nephews, grandma's, grandpa's, mom and pops Burgess, Britni Nichole Campbell

Happy 22nd Birthday Brother
July 13, 1987
Dustin Casey White Buffalo
Much love and many more to come. All of us are gonna celebrate for and with you on that day! ☺ You're doing good, proud of you, your sisters, mom, and your brother, Fletcher's, White Buffalo's, all your cousins, Meely's, Cheaters and Michael Jackson.

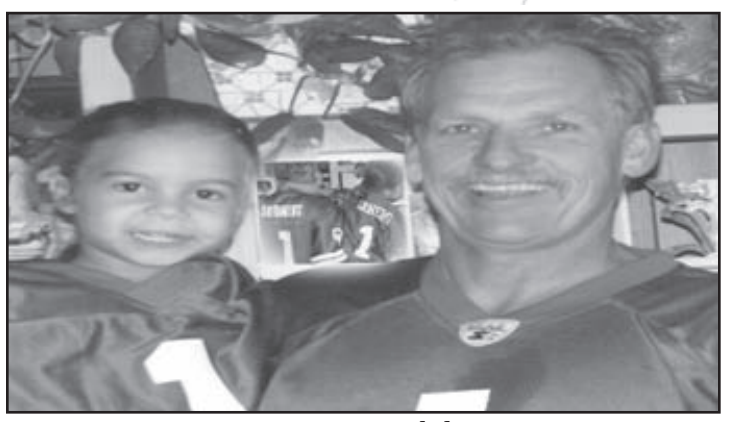
Alanah Botone Harjo
June 26-5 years old
Catrina Botone Harjo
June 15-1 year old
Happy birthday and many more.
Love, Mom Cardine, Dad Ronnie, grandma Helen, grandpa Dee and uncle Matt

Justin Samuel Walker
Graduated from Mountain View High School in San Jacinto, Calif. and Happy belated 19th birthday – June 24.
Love, aunties and family

Happy 21st birthday
July 19, 1988
Marissa A'Loni Fletcher
You've hit the grown line now small ☺ Have a special day cause it's yours! We all love you and are proud of you too.
Mom, granma, Fletchers, Meeley's, White Buffalo's

Happy G-day Tanner Rizzle
From, the crew at S. Macomb

Happy Birthday to Uncle Brian
From, Squad 1 and 2
We love you!



Happy Birthday
Papa ... I love you very much!
Jalen

Welcome Dyson Ray Ellis

He is finally here, our precious little Angel!!

Introducing: DYSON RAY ELLIS

Born: THURSDAY, JUNE 11, 2009 @ 7:45 A.M.

He weighed: 5lbs. 8oz. and was 19 inches long

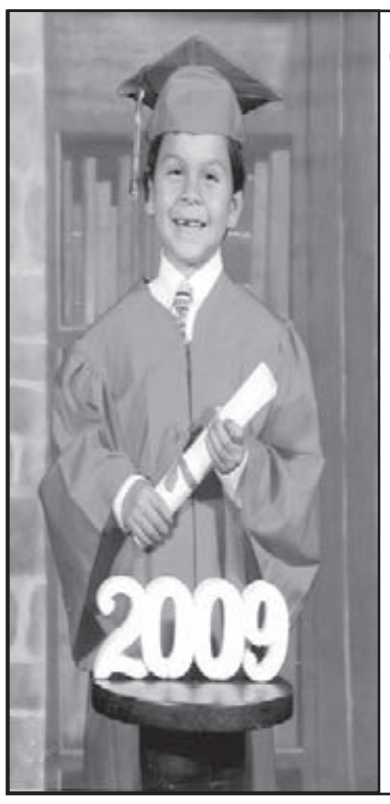
He was born to LaQuita Whiteman and Emerson "Ira" Ellis and big brother, Rufus Bryce Ellis. His proud grandmas are Kim Lonebear and Linda "Meeska" Roman.

His proud grandpas are Frank Whiteman and Emerson Ellis, Sr.

His proud great grandma: Mary Belle Lonebear

WE ARE SO BLESSED!

Happy Sweet 16th Birthday Kassidi LaNell Rice
July 31, 2009
I cannot believe that you are 16. You've come a long way, baby!!!
I am proud of you. Without you in my life, I'd be nothing!!!
Love You Baby-Mom



CONGRATULATIONS

Congratulations
to
Asa Andele' Worthington
Kiowa Head Start
graduation
Asa is Wayne and Francine Worthington's grandson.

BIRTHDAY SUBMISSIONS:

There are four options to submit a birthday greeting, anniversary, & birth or wedding announcement:

1. Mail to the Cheyenne and Arapaho Tribal Tribune, P.O. Box 38, Concho, Okla. 73022 with a self addressed stamped envelope to return photos.

2. Email to rmstephens@c-a-tribes.org or dattocknie@c-a-tribes.org.

3. Hand deliver to the Tribal Tribune office in Building One. (If door is locked leave in slot on office door.)

4. Leave in the Tribal Tribune mail box located at the main complex.

Send a SASE for pictures to be returned

Employment Opportunities

Submit tribal application, resume, diploma, transcripts,
valid Oklahoma state driver's license, and CDIB to:
Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

Arapaho Language Coordinator

QUALIFICATIONS:

Bachelor's in science in education or related field from Accredited Post Secondary College/University. Must possess or pursue Oklahoma State Teaching Certification within two years. (area preferred: Cheyenne and Arapaho language and history, linguistics, Native American studies). A demonstrated capacity to develop and teach courses in Arapaho language and/or culture at the elementary, secondary level. Preference will be given to candidates with prior teaching experience directly related to the duties and responsibilities specified. Substantial knowledge of the Arapaho history, culture, and philosophy. Valid state driver's license. Must be able to work well with the public, tribal members and staff. Cheyenne and Arapaho preference. Must pass pre-hire drug screening.

SALARY: Negotiable

Culture and Heritage Program Assistant Director

QUALIFICATIONS:

The incumbent must be thoroughly familiar with the culture, history and traditions of the Cheyenne and Arapaho tribes. Must be able to make decisions independently and justify all decisions made. Must be able to meet with tribal members on an individual and group basis and demonstrate professional conduct. Position requires experience in a relevant field with at least two years of administration office experience and/or one year of college. Must possess excellent oral, grammar and written communication skills. The incumbent must be able to work with little supervision and possess the ability to make independent judgments in the execution of administrative assistant work assignments. Must be computer literate and possess knowledge of tribal government policies and procedures, and applicable federal rules and regulations. Must possess a current Oklahoma driver's license and have reliable transportation.

SALARY: Negotiable

Vocational Rehabilitation Program Counselor

QUALIFICATIONS:

Bachelor's degree in a social science field preferred; Two years experience in the delivery of social services and/or community based networking and referral services; One year experience preferred in community-based networking and referral services; Two years counseling experience with case management and/or vocational interest assessment experience preferred; Must possess valid Oklahoma driver's license and have reliable transportation. Cheyenne and Arapaho preference. Must pass pre-hire drug screening.

SALARY: Negotiable

Notice

The **CATI Training Center** will be closed:

JULY 17, 2009

Counselor/Collector

QUALIFICATIONS:

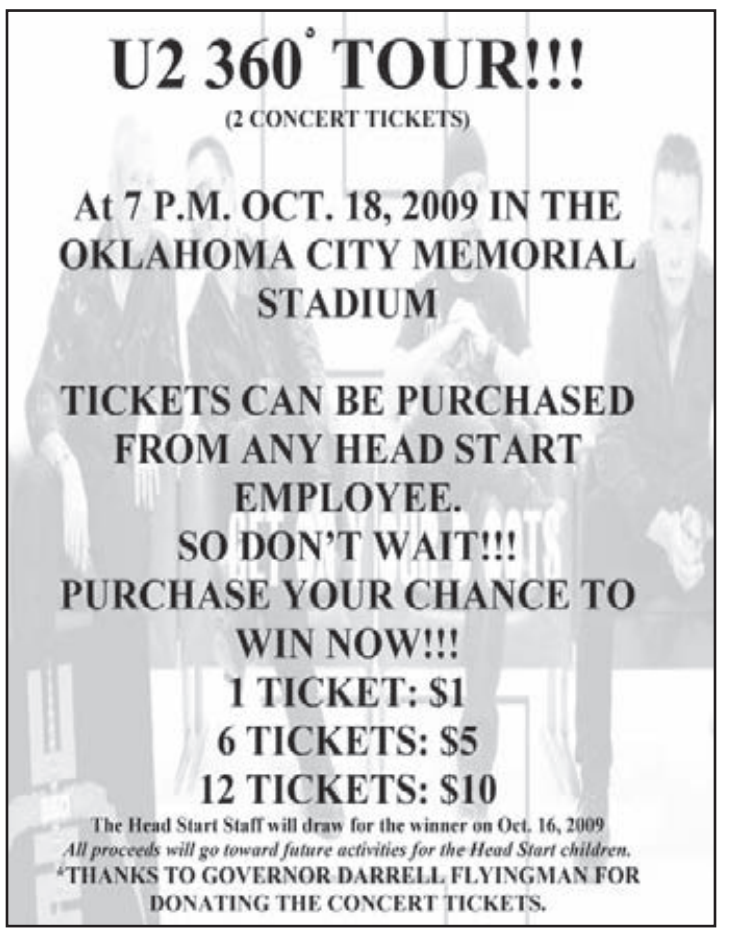
Duties include – record keeping, update files, correspondence, telephones, traveling. Requirements – excellent skills in word processing, type 45 wpm, Oklahoma drivers license. Apply at the Cheyenne-Arapaho Housing Authority, 2100 Dogpatch Road in Clinton, between 8 a.m. and 4:30 p.m. Monday through Friday before the closing date of July 29, 2009.

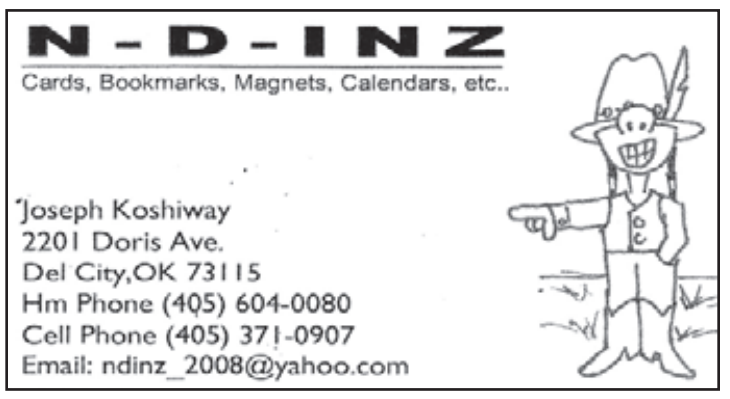
Managers

The U.S. Census Bureau is seeking managers for temporary jobs with good pay. If you are a U.S. citizen, at least 18 years old, know your community and have some management experience, call (888) 340-7525 for more information. The U. S. Census Bureau is an equal opportunity employer.

TRIBAL TRIBUNE DEADLINES

The **8th** and **23rd** of each month


U2 360° TOUR!!!
(2 CONCERT TICKETS)
At 7 P.M. OCT. 18, 2009 IN THE OKLAHOMA CITY MEMORIAL STADIUM
TICKETS CAN BE PURCHASED FROM ANY HEAD START EMPLOYEE.
SO DON'T WAIT!!!
PURCHASE YOUR CHANCE TO WIN NOW!!!
1 TICKET: $1
6 TICKETS: $5
12 TICKETS: $10
The Head Start Staff will draw for the winner on Oct. 16, 2009
All proceeds will go toward future activities for the Head Start children.
*THANKS TO GOVERNOR DARRELL FLYINGMAN FOR DONATING THE CONCERT TICKETS.



The 20th annual Anniversary Oklahoma Indian Nation Powwow

July 31 – Aug. 1 and 2, 2009 Concho powwow grounds, Concho, Okla.

2009 ROYALTY:

Senior Miss
Jennifer Hatten-Morton

Junior Miss
Kayla Reynolds

Little Miss
Brandy Fasthorse

INDIAN OF THE YEAR

Patricia Hawk

Spouse of OIN founding member, James Hawk, Sr., "Pat" worked along side her husband and the other OIN officers to promote and support the annual festivities. Since James' passing, she has continued to lend her support to the successive committee members and officers. The officers of the 2009 OIN Committee wish to show our appreciation to Patricia Hawk by honoring her as "Indian of the Year" for her tireless efforts and dedication to the Oklahoma Indian Powwow.

HONORED FLAGS:

Friday
Mike Sage
U.S. Army

Saturday
William Bill Lonebear
U.S. Army

Sunday
Jonathan George Burgess
U.S. Army

Special Recognition of first OIN Club Officers:
James Hawk, Sr., Bill Tallbear, Sr., Bobbie Simpson, Walter Hamilton, Jr., Herbert WhiteBuffalo
First OIN Powwow Princesses: Tommye Dayle (Simpson) Blackcrow & Sarah Black

Thursday evening — At 6 p.m. July 30
Grounds Blessing Ceremony conducted by Fred Mosqueda
Road Dedication: "James Hawk, Sr. Drive" -conducted by C & A Roads Construction Program
In honor of James Hawk, Sr., the first Chairman of the OIN powwow club, the road at the powwow grounds will be named and dedicated in his honor. We will have a dedication ceremony and unveiling of sign markers.

Chrissa Hicks Memorial Feed - Sponsored by family immediately following dedication ceremony

Hand Game Tournament – Saturday, Aug 1 **-** Concho Community Hall – Contact Mary Beaver (405) 685-2203; Frances Sankey
Memorial Hand Game Tournament – Sunday, Aug. 2 Concho Community Hall – Contact Ira Sankey (405) 413-2409

Buffalo Chili Cook-Off and Health Fair—Saturday, Aug. 1 - OIN powwow grounds, limited to first 15 Buffalo Disbursement Participants. Tasting and voting will begin at 11 a.m., judging will begin at 2 p.m. Sponsored by Diabetes Wellness Program

5K Buffalo Run and Fun Walk—Saturday, Aug. 1 - Register at 7 a.m. at Lucky Star Casino. Free water, fruit and t-shirts!

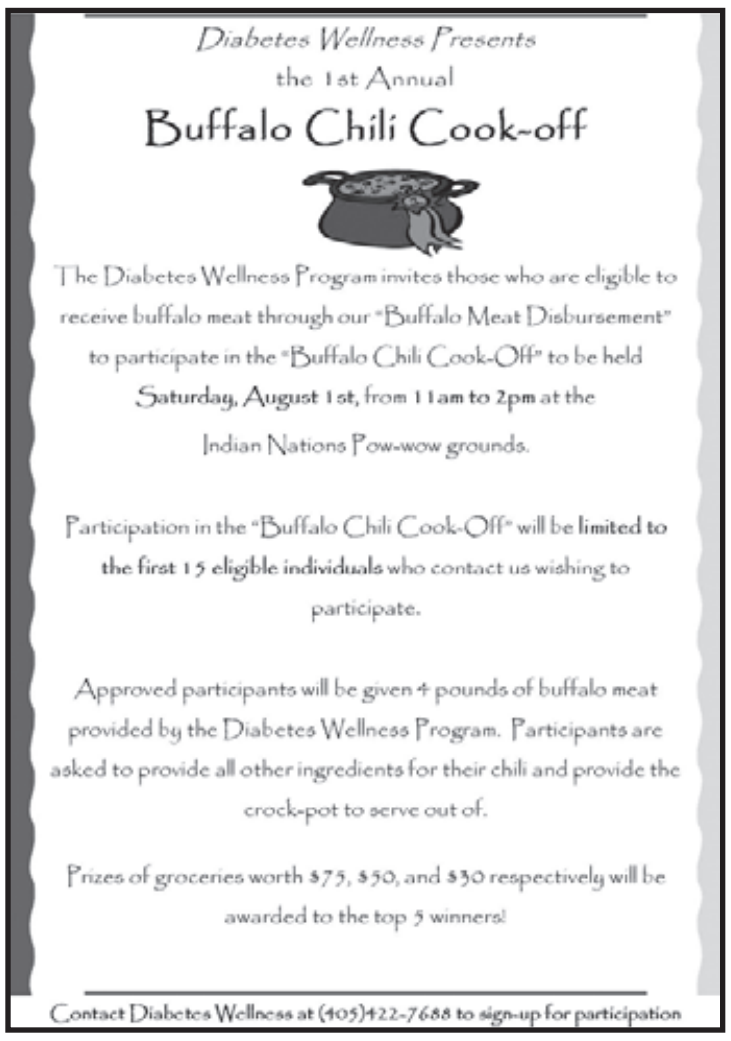
SummerFest activities - Saturday and Sunday, contact R.E.Sp.E.C.T. program at (405) 422-7578 or 7585

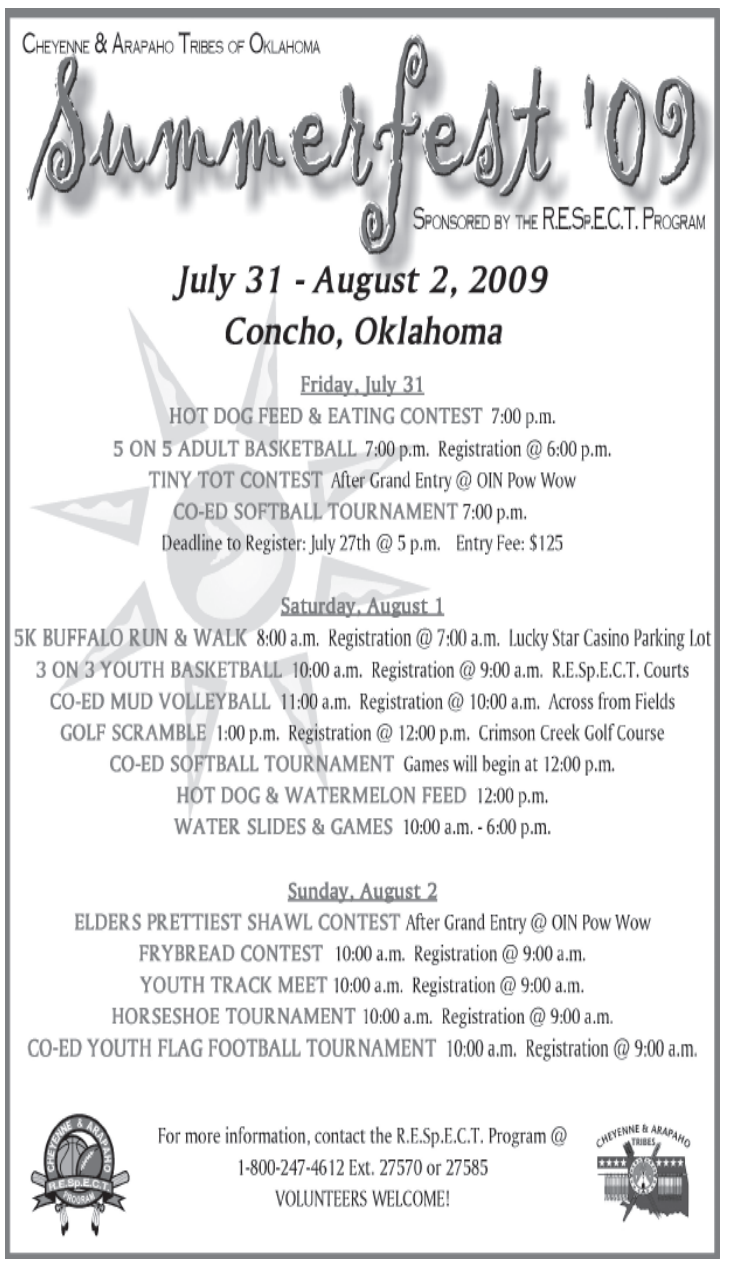
Sunday Morning Worship Services - Provided by El Reno Indian Baptist Church - OIN powwow grounds

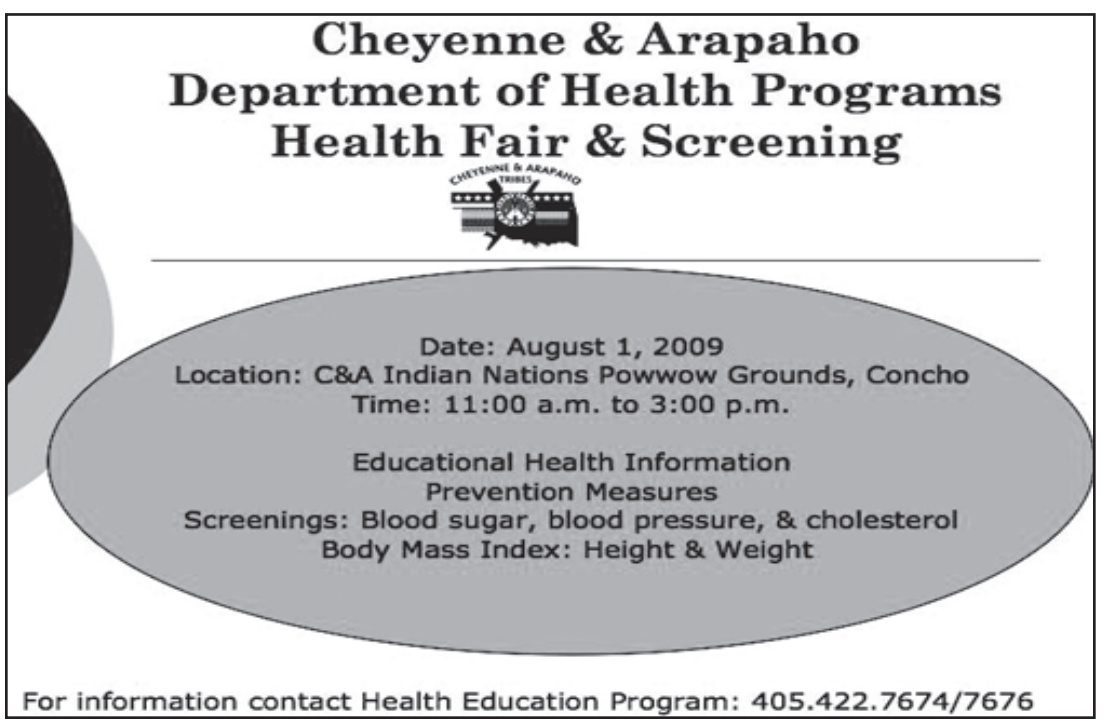
Arts and Crafts Vendor Booths: $35/per night
Food Vendors Booths: $325/weekend. Only accepting eight food vendor applications

OIN Committee:
Dara Franklin/chairwoman (405) 488-5565; Frankie Gilbert/vice; Christine Morton/treasurer (405) 476-1134; Jessie Botone/secretary; Fritz PrairieChief/public relations. = Security Provided – OIN Not responsible for accidents – No drugs or alcohol allowed -

Sponsored by the OIN Committee, Culture and Heritage program, Oklahoma Arts Council, and Lucky Star Casino


Diabetes Wellness Presents
the 1st Annual
Buffalo Chili Cook-off
The Diabetes Wellness Program invites those who are eligible to receive buffalo meat through our "Buffalo Meat Disbursement" to participate in the "Buffalo Chili Cook-Off" to be held Saturday, August 1st, from 11am to 2pm at the Indian Nations Pow-wow grounds.
Participation in the "Buffalo Chili Cook-Off" will be limited to the first 15 eligible individuals who contact us wishing to participate.
Approved participants will be given 4 pounds of buffalo meat provided by the Diabetes Wellness Program. Participants are asked to provide all other ingredients for their chili and provide the crock-pot to serve out of.
Prizes of groceries worth $75, $50, and $30 respectively will be awarded to the top 3 winners!
Contact Diabetes Wellness at (405)422-7688 to sign-up for participation


Cheyenne & Arapaho Tribes of Oklahoma
Summerfest '09
Sponsored by the R.E.Sp.E.C.T. Program
July 31 - August 2, 2009
Concho, Oklahoma
Friday, July 31
HOT DOG FEED & EATING CONTEST 7:00 p.m.
5 ON 5 ADULT BASKETBALL 7:00 p.m. Registration @ 6:00 p.m.
TINY TOT CONTEST After Grand Entry @ OIN Pow Wow
CO-ED SOFTBALL TOURNAMENT 7:00 p.m.
Deadline to Register: July 27th @ 5 p.m. Entry Fee: $125
Saturday, August 1
5K BUFFALO RUN & WALK 8:00 a.m. Registration @ 7:00 a.m. Lucky Star Casino Parking Lot
3 ON 3 YOUTH BASKETBALL 10:00 a.m. Registration @ 9:00 a.m. R.E.Sp.E.C.T. Courts
CO-ED MUD VOLLEYBALL 11:00 a.m. Registration @ 10:00 a.m. Across from Fields
GOLF SCRAMBLE 1:00 p.m. Registration @ 12:00 p.m. Crimson Creek Golf Course
CO-ED SOFTBALL TOURNAMENT Games will begin at 12:00 p.m.
HOT DOG & WATERMELON FEED 12:00 p.m.
WATER SLIDES & GAMES 10:00 a.m. - 6:00 p.m.
Sunday, August 2
ELDERS PRETTIEST SHAWL CONTEST After Grand Entry @ OIN Pow Wow
FRYBREAD CONTEST 10:00 a.m. Registration @ 9:00 a.m.
YOUTH TRACK MEET 10:00 a.m. Registration @ 9:00 a.m.
HORSESHOE TOURNAMENT 10:00 a.m. Registration @ 9:00 a.m.
CO-ED YOUTH FLAG FOOTBALL TOURNAMENT 10:00 a.m. Registration @ 9:00 a.m.
For more information, contact the R.E.Sp.E.C.T. Program @
1-800-247-4612 Ext. 27570 or 27585
VOLUNTEERS WELCOME!


Cheyenne & Arapaho
Department of Health Programs
Health Fair & Screening
Date: August 1, 2009
Location: C&A Indian Nations Powwow Grounds, Concho
Time: 11:00 a.m. to 3:00 p.m.
Educational Health Information
Prevention Measures
Screenings: Blood sugar, blood pressure, & cholesterol
Body Mass Index: Height & Weight
For information contact Health Education Program: 405.422.7674/7676

Services to be held at powwow

Submitted article

The El Reno Indian Baptist Church will host church services at 11 a.m. Aug. 2, 2009 on the Oklahoma Indian Nations powwow grounds in Concho, Okla.

The church has provided services through invitation from the powwow committee for several years now.

The Rev. Tom Straka will preside. Cheyenne and Arapaho tribal hymns will be sung. The song leader is Ernestine Whitebird.

The public is invited.

Nathan Bruce Doyebi goes to Washington, D. C.

Submitted by
Rolling Thunder Member
T. L. Doyebi.

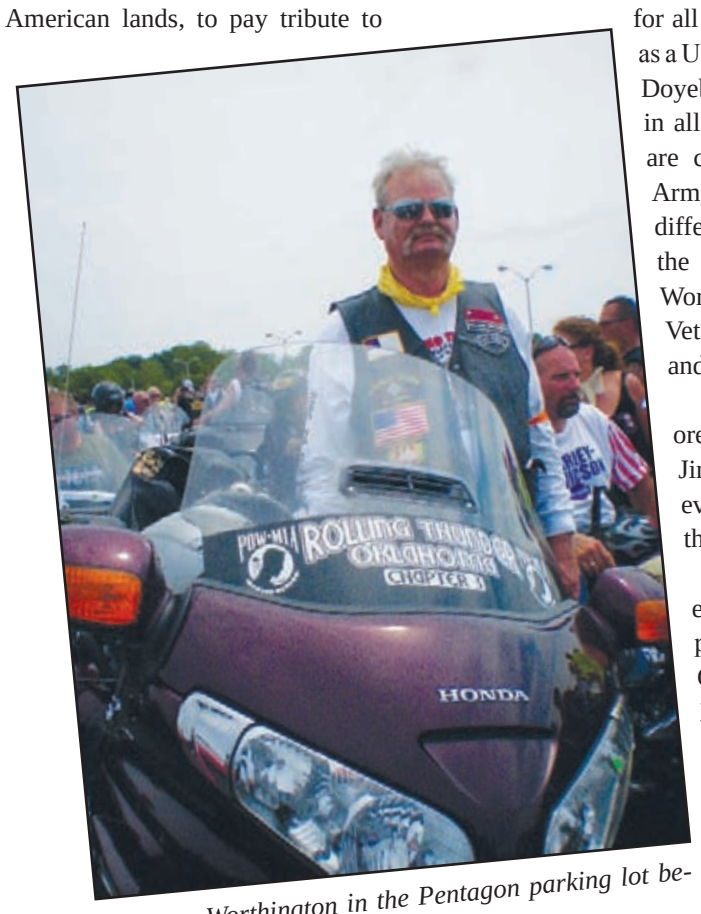
Nathan Bruce Doyebi, of El Reno, Okla. recently completed a vision quest on a long awaited journey to honor the Vietnam veterans whose names are inscribed on the Vietnam Veterans Memorial Wall, in Washington, D. C.

His successful 3000 mile round trip journey was completed on a motorcycle, even though Mother Nature's weather provided very high winds and torrential thunderstorms for days, while traveling on high traffic interstates and cold, foggy, Shenandoah and the great Smokey Mountains.

When Doyebi arrived in Washington, D.C., he was among 750,000 motorcyclists who also felt compelled to cross our Native American lands, to pay tribute to America's finest heroes, the people who gave their lives for our freedom.

Doyebi rode to D.C. with Wayne Worthington and other members of the Oklahoma Rolling Thunder Chapter No. 3, as a veteran representative for the Cheyenne and Arapaho tribes' community and as a Vietnam era veteran.

One highlight was Doyebi's participation in a four hour motorcycle parade from the Pentagon to the U.S. Capitol. The parade was done specifically to keep Washington officials aware that Americans need better Prisoner of War and Missing in Action (POW/MIA) laws and continued benefits for all veterans. While in D.C., as a U.S. Marine Corps veteran, Doyebi prayed for all soldiers in all parts of the world, who are currently serving in our Armed Forces abroad, at the different Veteran monuments, the Korean monument, the World War II monument, the Veteran Nurses memorial, and at Arlington Cemetery.



Wayne Worthington in the Pentagon parking lot before the parade.

He was especially honored to do this at the Iwo Jima Marine memorial, even in a raging east coast thunderstorm.

We see Doyebi as an exemplary and model employee for the Lucky Star Casino in Concho, Okla. His committed, traditional, considerate demeanor is well known, and he is well respected in the Native American community as a traditional, spiritual leader. Doyebi has been an excellent example of how Lucky Star employees are effective in local employer relations for the Cheyenne and Arapaho tribes, now he is on a national level.

On his return to Oklahoma, Doyebi continued his efforts to honor and serve our disabled veterans at the Lawton Veteran Center, by cooking for 200 disabled veterans, their families, visiting employers and the staff of the Lawton Veteran Center.

He did this outdoors in 100-degree temperatures, using deep oil fryers, cooking up hundreds of pounds of Oklahoma catfish and hushpuppies. All the catfish was caught by other veterans in Oklahoma lakes and donated for the Rolling Thunder Oklahoma Chapter No. 3 event.

Doyebi was joined by 30 other employers, veterans and their families who traveled from Alva, Woodward, Muskogee, Norman, Tulsa, Broken Arrow, El Reno and Carnegie, Okla. They also sponsored a high dollar bingo for the disabled veterans on the same day.

Wayne Worthington, of El Reno, Okla. also assisted at the Lawton Veteran Center event. He is a member of the Cheyenne and Arapaho tribes American Legion. Also, Gary Worthington, Concho Lucky Star Casino employee, drove an emergency chase vehicle and followed the Oklahoma motorcycles to Washington, D. C.

Courtesy photos

Nathan Bruce Doyebi and his sister Tommie Doyebi, Kiowa tribe treasurer, are in the Pentagon parking lot in Washington, D.C. getting ready for the veterans parade.

LuckyStarCasino.org
$500 HOT SEAT GIVEAWAYS
EVERY HOUR ON THE HOUR SATURDAYS & SUNDAYS 6 P.M. - MIDNIGHT
IN THE MONTH OF JULY.
HOT SEATS
COLD CASH
Lucky Star CASINO
CLINTON
101 N. Indian Hospital Rd.
CONCHO
7777 N. Highway 81
An Enterprise of the Cheyenne & Arapaho Tribes
*Must be present to win. Management reserve the rights to cancel or modify these events without prior notice. See casino for details. Responsible Gaming Is Our Game.
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